

# Med

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# Told



## Rising to the COVID-19 Challenge 抗疫行者



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# WELCOME MESSAGE

## Professor Henry CHAN

陳力元教授 (MBChB 1992, MD 2001)

Associate Dean (External Affairs)

Professor, Department of Medicine and Therapeutics

*Academic excellence can be measured by metrics but what cannot be measured is the human side of medicine.*

Year 2020 is proving to be a tumultuous one. Hong Kong and the world are now facing a new coronavirus disease, called COVID-19 by the World Health Organisation. It reminds me of the days when I was infected by the SARS coronavirus in 2003. The level of panic in the city today is no different from the time of SARS. Masks and hand sanitisers ran out of stock in no time, supermarket shelves were emptied of food and daily necessities and people could hardly be seen in the malls and on the streets. Now, the busiest and most stressful places in the city are, without a doubt, hospitals. Prince of Wales Hospital - the teaching hospital of CUHK Medicine which was badly hit by the SARS health crisis - automatically became the focus of attention.

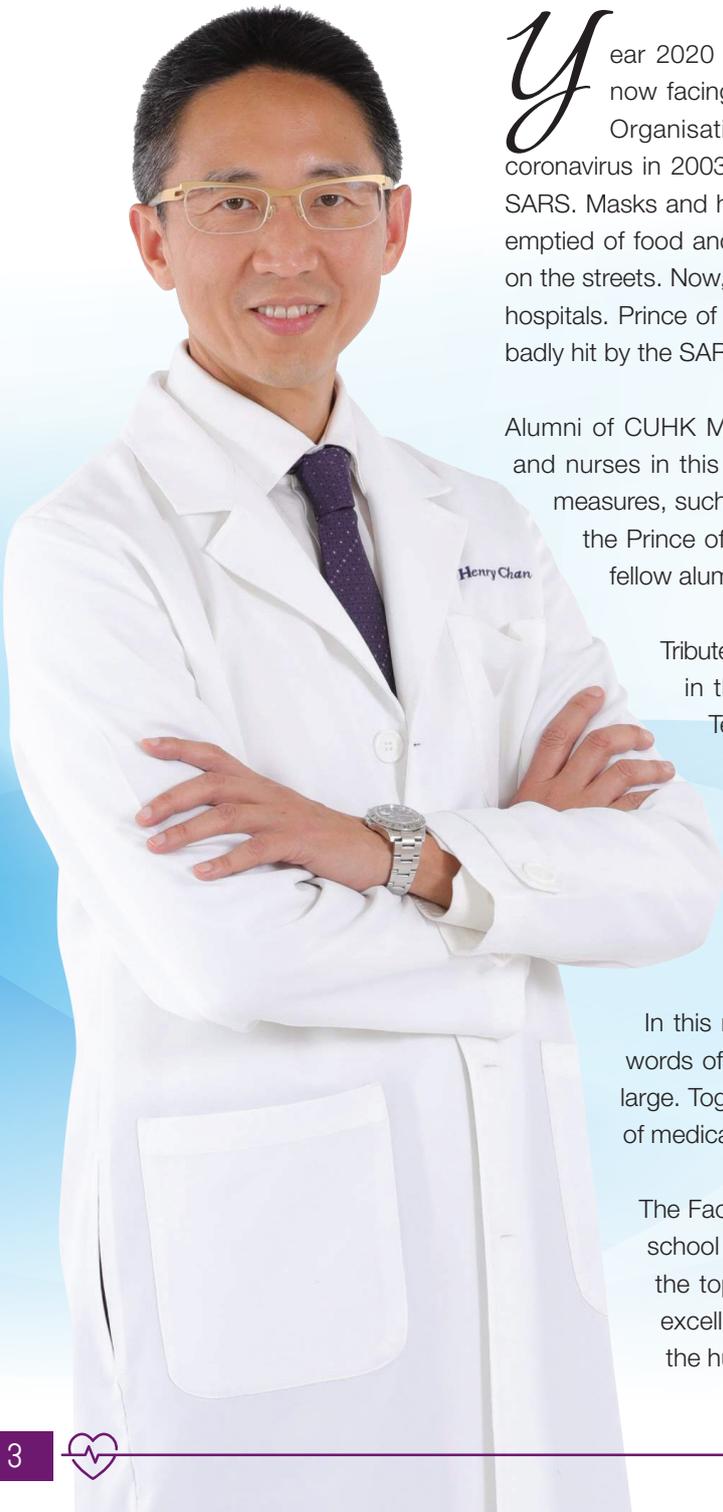
Alumni of CUHK Medicine should feel proud after reading the stories of our doctors and nurses in this issue of Med Tolo. While many hospitals were discussing isolation measures, such as allocating wards to take care of suspected COVID-19 patients, at the Prince of Wales Hospital, a long line of volunteers, composed primarily of our fellow alumni, were already signing up to serve.

Tribute must be paid to our alumnus, Dr. Kai Ming CHOW, the Chief-of-Service in the Department of Medicine and Therapeutics. He heads the "Dirty Team" at PWH and has exemplified servant leadership in the day-to-day running of his team. He has united the entire department and lifted the team spirit sky-high.

The heroic efforts to contain the spread of COVID-19 are not limited to only those doctors featured in this issue. Many alumni from different departments are also doing their bit to help.

In this medical crisis, I can vividly see this young medical school "walk" the words of our mission...to strive for the best to benefit patients and society at large. Together, we are crafting an important milestone of success in the history of medical education for CUHK.

The Faculty of Medicine celebrates its 40<sup>th</sup> anniversary next year. Our medical school is still considered very young but we are not shy when compared to the top regional medical schools with over 100 years of history. Academic excellence can be measured by metrics but what cannot be measured is the human side of medicine. Today, our alumni have outshone the world.





## Rising to the COVID-19 Challenge 抗疫行者

The COVID-19 virus may only be about one-900th of the width of a human hair, but this tiny, spiky particle has triggered an unprecedented global health crisis, rapidly claiming lives and robbing people of their livelihoods. We spoke to some CUHK alumni who have gone beyond the call of duty in joining the fight to contain the spread of the disease, demonstrating qualities that do their alma mater proud.

新型冠狀病毒，其直徑只及人類頭髮九百份之一，卻以迅雷不及掩耳之勢，席捲全球，觸發前所未見的公共衛生危機，奪去極多寶貴的生命，掠奪人們的生計。

這場抗疫之戰中，多位中大醫學院校友挺身竭力以遏止病毒傳播，保障市民的生命。由他們娓娓道出一段段深刻經歷，他們克盡己責，勇敢抗疫站在最前線，讓母校引以為傲。



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# FEATURE

## Courage, Comfort and Care in the time of COVID-19 無懼，走過疫中一段



Dr. Carmen CHEUNG  
(MBChB 2011)

Dr. Fion LUK  
(MBChB 2017)

Dr. Kai Ming CHOW  
(MBChB 1995)

Dr. Adalia WONG  
(MBChB 2019)

Dr. Alcina KONG  
(MBChB 2019)

**A group of frontline doctors from CUHK's Faculty of Medicine has displayed immense courage when they stepped forward to treat COVID-19 patients. These heroes are toiling day in and day out to ensure that Hong Kong is safe from further contagion.**

In late January, as the extent of the COVID-19 outbreak became more evident, Prince of Wales Hospital (PWH) set up a team to take care of confirmed and suspected cases of the novel coronavirus disease. Although the team is colloquially dubbed the "Dirty Team", Dr. Kai Ming CHOW (MBChB 1995), Consultant and Chief-of-Service in the Department of Medicine and Therapeutics, points out that this is a misnomer. "Far from being dirty, we are cleaner than other teams because we wear more protective

gear and are extremely vigilant about hygiene." Intern Dr. Alcina KONG (MBChB 2019) agrees, adding, "This period is probably the cleanest I've ever been in my life!"

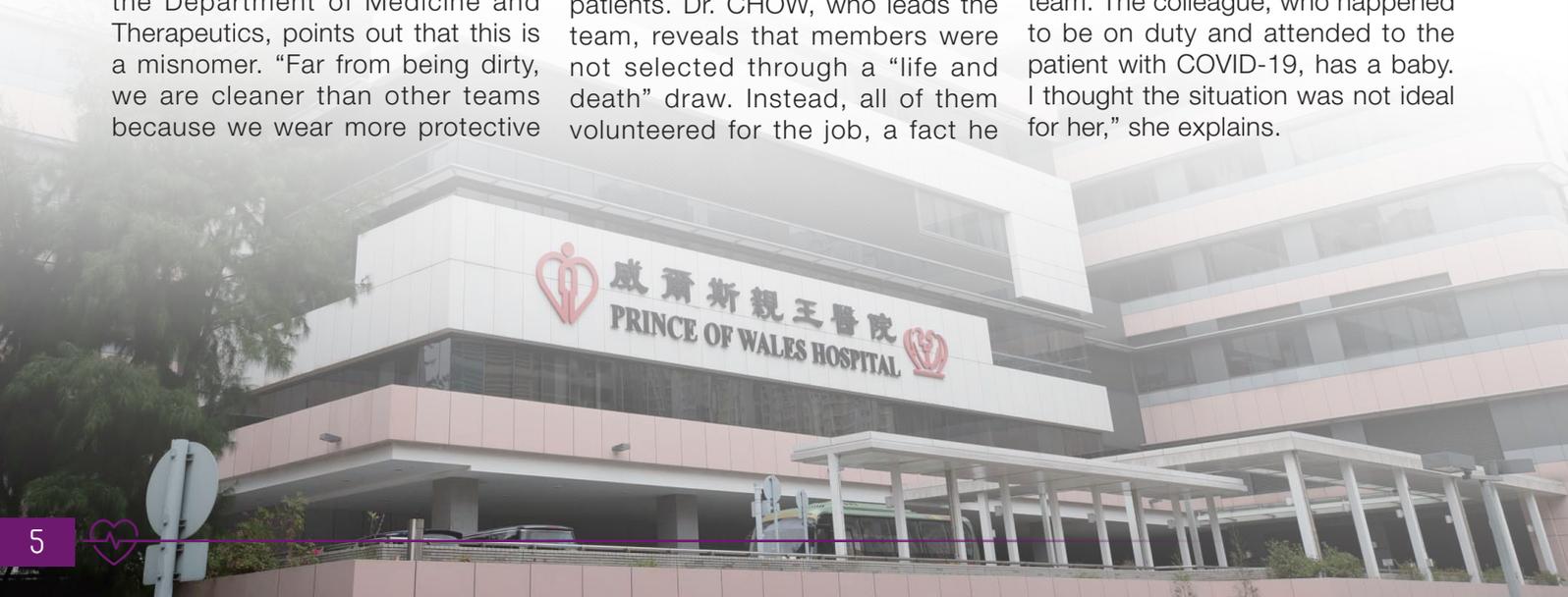
The relaxed demeanour of these courageous medical practitioners belies the fact that they face new unknowns every day with this new disease. They put themselves at greater risks of infection and are more stressed than usual on the job.

### **Volunteering for the greater good**

Sixteen alumni of the Faculty of Medicine, including doctors and intern doctors at PWH, have so far volunteered to work with COVID-19 patients. Dr. CHOW, who leads the team, reveals that members were not selected through a "life and death" draw. Instead, all of them volunteered for the job, a fact he

is deeply moved by and extremely proud of. "These doctors, as well as our colleagues at PWH, are dedicated, united and determined to fight this tough battle together."

Dr. Carmen CHEUNG (MBChB 2011), a resident specialist of haematology, decided to volunteer because she felt her family burden is relatively small. "When Hong Kong recorded its first confirmed case, the hospital had not yet set up a designated team. The colleague, who happened to be on duty and attended to the patient with COVID-19, has a baby. I thought the situation was not ideal for her," she explains.



As a secondary school student during the SARS outbreak 17 years ago, Dr. CHEUNG had been awed by the medical staff who fought hard to contain the epidemic. “They inspired me to become a doctor. Hong Kong, being confronted with a new threat of viral pneumonia, reminded me why I decided to join the profession in the first place.”

Dr. KONG says her decision to join the team was partly influenced by her family. “My dad, who is also a doctor, worked with SARS patients. I was only seven years old then. Now that I’m an intern doctor, I want to do my bit like he did.” Even though their reasons for volunteering to serve COVID-19 patients differ, they share a staunch commitment to caring for those in need and saving lives.

### **Giving their all**

PWH has three wards for confirmed or suspected COVID-19 cases, two of which are high-specification negative pressure isolation wards. At the peak of the crisis, the hospital admitted 40 patients a day. Due to a lack of manpower and to reduce the usage of protective gear, every doctor on duty – whether experienced or junior – handled admissions, patrols, inquiries, inspections, blood tests and set up drips on their own.

Despite taking every possible precaution to protect themselves, there is always an element of risk when treating patients with highly infectious diseases. Drawing from the SARS experience, Dr. CHOW constantly reviews the team roster to ensure each doctor has enough rest.

He recalls that one night when he was jogging home – a practice he has adopted to recharge – he suddenly remembered he had discarded a beloved fountain pen with his protective clothing. He had

earlier put in about five continuous hours at the hospital. “I realised I had worked too long and fatigue had made me forgetful. I had just lost a pen this time. This just shows that if I were to become negligent again, I might forget to follow the proper procedures when taking off my protective gear, risking my life.”

### **Experience of a lifetime**

The work is arduous and stressful. When they are on shifts they often skip drinking water and meals or sometimes forego rest and sleep to attend to patients. But despite all that, they all agree the experience has been positive and fulfilling.

Dr. Fion LUK (MBChB 2017), a second-year resident Medical Officer, says she is grateful that, although still a junior, everyone has been very encouraging. She is impressed by the team spirit. “Working with senior doctors and learning from them has been an immense confidence booster,” she says. “When a patient’s condition is unstable or deteriorates, I tend to get worried. That is when the varied expertise of everyone on the team comes into play.”



Intern Dr. Adalia WONG (MBChB 2019) adds, "I am training to be a surgeon so the opportunity to practise internal medicine is a rare and valuable experience." Dr. CHEUNG, a more senior doctor, echoes this sentiment, saying they are not only giving but also gaining a great deal. "I deeply appreciate how our team works together and serves with humility. Being on the frontline again, I encounter different new cases and continue to learn."

Having practised medicine for 25 years, Dr. CHOW says he has already become an "old ghost". "I'm happy to be at the forefront again, teaming up with younger doctors, and for the chance to learn, especially in the area of infectious diseases and antibiotics."

### Wind beneath their wings

While the teammates make sure they take care of each other, family support and encouragement are also crucial. Dr. WONG is grateful for her family's understanding. "I live in a dormitory and rarely go home. They are worried, but they never put pressure on me. When I miss them, we do video calls."

Their isolation is shared by their patients, who have had their family visits suspended when the disease began to rapidly spread. "Having experienced the pain of not seeing my family, I empathise with patients in the isolation wards who're also longing to see their relatives," says Dr. WONG.

Dr. CHOW regrets that the disease has increased the distance between doctors and patients, not only because of the protective gear they must wear but also because tight resources sometimes demand they consult with their patients over the phone. "When everyone is wearing a mask, you can't see their expressions. I miss seeing people's smiles."

### Bittersweet moments

Dr. KONG reveals that although her father served on the frontline during SARS, he struggled with her decision to volunteer. He finally came around. She sighs, "I have only seen my dad once in the past two weeks and, when we finally met, I didn't dare get too close. He passed me a bag of oranges at arm's length and reminded me to eat more fruit. I was so touched."



Asked what they would like to say to their families, Dr. LUK pauses for a second. "I hope they won't worry and trust that I will take every precaution possible. I hope to be able to have dinner with them one day soon." Dr. CHEUNG, whose voice quivered with emotion, says: "My family is always very worried, but they are also truly supportive. All I want to say is, sorry and thank you."

There is a moment of silence, her colleagues nod in support. Despite their surgical masks, a range of emotions – from guilt to understanding – is visible across the faces of the team of compassionate warriors. What is most obvious, though, is their strong determination to serve, to fight and to win the battle against COVID-19.





**來自中大醫學院的一群醫生，挺身走在對抗新型冠狀病毒的前線，醫治患者，無畏無懼；這些英雄緊守崗位，為確保香港免受疫情進一步蹂躪，日以繼夜地，忘我奉獻。**

隨新型冠狀病毒疫情加劇，威爾斯親王醫院（威院）於1月底成立「Dirty Team」，專責治療確診及懷疑個案病人。威院內科及藥物治療科部門主管及顧問醫生周啟明強調，他們一點也不骯髒，因總會記得洗手和穿妥保護裝備。實習醫生江嘉愉更笑指這或是她人生中最潔淨的時候。說來輕鬆，卻抹不去這些醫生時刻與充滿未知的傳染病奮戰所承受的风险和壓力。

### 決心一起打場硬仗

威院的「Dirty Team」中，迄今有16位中大醫學院畢業的醫生和實習醫生。身為主管的周醫生，最感動和驕傲的是所有成員均自願加入，毋須抽「生死籤」，夥拍威院其他同事，決心一起打這場硬仗。

血液內科的駐院專科醫生張嘉雯有感自己家庭負擔較小，不願見到育有嬰兒的同事照顧確診病人，遂自願加入行列。17年前沙士爆發，她還是一名初中生，眼見醫護人員努力抗疫，便立志成為醫生。「如今再次令我想起這個初心。」至於實習醫生江嘉愉的加入，則受家人影響：「我的爸爸也是醫生，沙士期間曾照顧患者；現希望跟他一樣，對抗疫情出一分力。」大家自動請纓的原因各異，救傷扶危的目標倒是一致。

### 前鋒的寶貴體驗

威院設置3間病房接收確診或懷疑個案，其中2間為高規格的負壓隔離病房，最高峰日收40名病人。人手短缺加上節省保護裝備用量，醫生不論資歷豐富或行醫尚淺，當值時均需一手包辦收症、巡房、問診、檢查、抽血、「打豆」等工作。

保護措施再嚴謹，醫護人員的感染風險始終存在，為免重蹈當年沙士慘痛的覆轍，周醫生一直審視醫生的當值時間，確保他們有充分休息。他在恆常緩跑中，憶起工作太勞累下，棄置保護衣時，竟不慎遺失心愛的墨水筆，頓時意識到：「我若不慎疏忽，沒有依照脫下保護衣物的正確程序去做，失去的可能是寶貴性命。」

雖然工作辛苦、壓力巨大，通宵當值，不眠不休甚至不吃不喝照顧病人，但大家都說這段經歷既開心且充實。年資較淺的駐院醫生陸詠琳感恩同事的鼓勵和支持，尤其在病人狀況不穩時，大家傾盡所能，共同應對，她深被那份團隊精神打動，她說：「能夠與資深醫生共事，實在獲益良多。」

立志成為外科醫生的實習醫生王美婷，視這次接觸內科是難能可貴的體驗。而資歷較深的張醫生，深感自己不只付出，收穫也不少：「團隊一起謙卑服侍，令我感受至深。」行醫25年，自言早成「老鬼」的周醫生，同樣很高興有機會與年輕醫生組隊並再當「前鋒」：「我也能趁機學習，尤其傳染病及抗生素方面的知識。」

### 勇往直前的力量

同事間互相照應外，家人的支持及鼓勵也極為重要。王醫生感激家人的體諒：「我居於宿舍，甚少回家，父母雖擔心卻從不向我添加壓力；每當想念他們時，便進行視像通話。」

因疫情的緣故，醫院已全面暫停探訪。王醫生感慨，病人與家人分隔時感到的孤獨和痛苦，她都身同感受。周醫生亦慨嘆，傳染病拉遠了醫生與病人的距離，不單來自全套保護衣物的阻隔，更是資源緊絀下，無奈選擇透過電話與病人溝通；他更懷念那些親切笑容，遺憾大家的表情現都隱藏口罩下。

江醫生感觸，過去兩星期只見過爸爸一次。「相距一臂之遙，爸爸給我遞來一袋橙，並叮囑我多吃水果，那刻的確好生感動。」

被問及想跟家人說些甚麼？陸醫生沉思半晌：「請他們不要擔心，我會做足防護措施，完成任務後，會跟他們一同吃飯。」對同樣的問題，張醫生回答時聲音中帶起伏：「家人始終憂慮，但總是十分支持我。我只想向他們說：『對不起，謝謝。』」片刻沉默，大家均輕輕點頭。在口罩下，仍能瞥見這些抗疫戰士此刻情感紛沓；然而，最強烈的，是與疫症戰鬥到底的那股鬥志。



# FEATURE



Dr. Axel SIU  
(MBChB 1992)

Dr. Ludwig TSOI  
(MBChB 1992)

Dr. Kin Kwan LAM  
(MBChB 1989)

Dr. Zenith WU  
(MBChB 2012)

Ms. Fanny LEUNG  
(B Narse 1998)

Dr. Bonnie WONG  
(MBChB 2002)

Dr. Edmund FONG  
(MBChB 2002)

## Grace, Diligence and Perseverance under Pressure 堅毅，超越途上挑戰

**Alumni from CUHK's Faculty of Medicine have displayed their talent, expertise and can-do spirit while assisting in the evacuations of Hong Kong residents from the Diamond Princess cruise ship in Japan and from Hubei province in mainland China. Their mission: to bring home stranded Hong Kong residents while ensuring that all those involved in the operations – from returning residents to government officials and flight crew – were protected from COVID-19.**

### Overcoming hurdles in Japan

At the start of the year, the Diamond Princess cruise ship, anchored in Yokohama, Japan, became the second epicentre of the COVID-19 epidemic. In February, the Hong Kong government sent three chartered flights to pick up the Hong Kong cruise passengers and bring them home.

Dr. Edmund FONG (MBChB 2002) from the Department of Health, who was responsible for planning and providing support to the mission, says: "Because COVID-19 is a novel infectious disease, there were many unknowns. It was extremely tough to formulate infection control measures. We also had very little time to prepare. I found myself

thinking about the details of the mission around the clock."

A major obstacle was the shortage of personal protective equipment at the time, adds Dr. Zenith WU (MBChB 2012), a member of the Department of Health who was involved in both the operations in Japan and Wuhan. "It was impossible to purchase the necessary gear in Japan, therefore we had to carry all the necessary supplies from Hong Kong. We needed to ensure that there would be the adequate quantity and appropriate categories of personal protective equipment for the team so that nothing would be wasted during the operation."

In addition to equipment and material, the quarantine procedures for Hong Kong residents before and after boarding, seating and service arrangements on the aircraft were exhaustively planned, adds Dr. FONG. "The difficulties and variables our colleagues faced in Japan were unimaginable. It's really amazing that they managed to solve all the problems that arose!"

Despite the meticulous planning, there were inevitable disruptions. Dr. Bonnie WONG (MBChB 2002) from the Department of Health, who served on the team sent in advance to Japan, laments that every aspect of their plan was fraught with uncertainties and called for agile responses. For example, 17 Hong



Kong residents were unable to board the second chartered flight because they were misclassified as close contacts of confirmed cases.

Apart from figuring out what had gone wrong, Dr. WONG had to break the bad news to those affected and pacify them at the same time. She also had to explain the situation to the airline and reassure them that the safety of the passengers and crew would not be affected. All this, while ensuring that the other evacuees boarded without a hitch.

She recalls: “There were several other obstacles which almost prevented the operation from going ahead. The flight, which was originally scheduled to depart at 6 pm, eventually took off more than three hours later, barely managing to comply with flight rules. Our emotions fluctuated like a roller coaster, and only by putting ourselves in the shoes of the passengers who were denied boarding were we able to help sort out different options to assist them.”

After much back and forth with different parties involved that night, it was finally confirmed the 17 Hong Kong residents were not close contacts of COVID-19 patients. “Witnessing their gratitude to our team as they entered the departure hall with their tickets was truly memorable and a moment of relief for all,” adds Dr. WONG.

In addition to the intricacy of the operation, those involved in the evacuation faced the pressure of performing in the public glare. Dr. WU says: “With the number of cases on the cruise ship rising daily, it had caught

the world's attention. When I learned I had to participate in the evacuation, I was nervous. Although my family was supportive, they were very worried. Balancing my own emotions while reassuring my family was also a big test.”

### Power of prudent planning in Wuhan

The Hong Kong government also, in March, sent multiple chartered flights to Wuhan, the epicentre of the COVID-19 outbreak, to pick up Hong Kong residents stranded in Hubei province. Three emergency physicians from the Hospital Authority, Dr. Kin Kwan LAM (MBChB 1989), Dr. Axel SIU (MBChB 1992) and Dr. Ludwig TSOI (MBChB 1992) were enlisted to help in case passengers needed medical assistance during the flight.

As the outbreak had not yet been brought under control in Wuhan at the time, infection control en route was a major focus. Since the cabin of an aeroplane is enclosed and the aerosols generated by certain medical procedures could escalate the spread of viruses through the air, the team judiciously considered how to minimise the risk of infection to all passengers and cabin crew on board.

“We carefully evaluated in advance how we would deal with cases of cardiac arrest to minimise the risk of transmission of COVID-19,” Dr. LAM explains. “Firstly, aerosol-generating interventions during CPR such as ‘manual ventilation’ and ‘endotracheal intubation’ would be modified to limit the amount of aerosols generated. Secondly, since the air in commercial aircraft

flows from the front to the back, we decided to resuscitate patients in cardiac arrest in the aft cabin, so that any infectious aerosols generated would very quickly be ejected from the plane.”

“Before departure, we also tried to learn as much as possible about every passenger, such as their gender, age, medical history and special needs, so that we could prepare the required medicine and equipment accordingly,” says Dr. SIU. “The flight I was responsible for had 14 pregnant women on board, each at different stages. Three of them were 36 weeks along. Although it was only a two-hour flight, we prepared for emergency labour.”

In case of such an eventuality, finding enough space for the mother and medical equipment on board the plane would be a challenge due to its confined space. Dr. SIU said the team did a great deal of preparatory and liaison work to ensure the safety of the pregnant travellers, from providing small vomit bags to large elevatable stretcher platforms.

Apart from the logistical challenges and mental stress, the operation was physically demanding. “I woke up at 4 am and met the team at North Lantau Hospital at 6 am, so that we could arrive at the airport at least an hour and a half before the 8 am take-off,” Dr. TSOI recalls. “As I was responsible for the second chartered flight that day, it was 10:30 pm by the time I touched down in Hong Kong. Due



to the infection control measures, disembarkation was slower than usual. I left the airport at about 11:30 pm, then returned to North Lantau Hospital to take a shower and change my clothes, reaching home after midnight. I had been on the go and under pressure for 20 hours straight. I was really physically and mentally exhausted!" Fortunately, he exercises frequently, so was able to cope with the toll on his body.

Ms. Fony LEUNG (B Nurse 1998), who works in the Department of Health and participated in the Hubei evacuation operation, says that this was her first experience of working outside Hong Kong. "I realised that many people were counting on us. For example, the crew of the chartered flight were very nervous and had many doubts: Had they put on the protective clothing properly? Where were the hand sanitisers? How could they move around safely? We had to fully use our professional knowledge to guide them on how to face the situation calmly and carry out infection control properly."

### Unforgettable memories

Despite the tough workload and many obstacles they faced, the alumni medical staff had many heartwarming experiences.

"There was a 70-year-old gentleman who had been diagnosed with COVID-19 on the Diamond Princess cruise ship," Dr. WONG shares. "His condition was relatively mild, but the test always came back positive so he was hospitalised in Japan for more than a month. I kept in touch with him constantly to keep his spirits up, but instead, he shared with me beautiful pictures of sunrise that he took from his ward which overlooked the sea, and cheered me up!"

Dr. LAM treasures the expressions of the evacuees when they boarded and disembarked from the plane. "At the airport in Hubei, although

everyone wore masks, we could still see the worry in their eyes. But when the flight arrived in Hong Kong, their faces immediately lit up and were full of hope, and their movements became brisker." Witnessing this change brought home to him the significance of their actions in rekindling hope among the stranded citizens.

Dr. TSOI adds, "Their smiles, sighs of relief and simple thank you's rejuvenated me, although I was extremely exhausted at the time. Their encouragement made it all worthwhile." Dr. WU agrees: "They had been trapped in the epidemic zone for so long, facing a great deal of stress and worry. Their relief when we reached Hong Kong told me that our efforts had not been in vain. When we set foot on Hong Kong soil again, everyone dropped their individual identities. We were all simply Hong Kong people living under Lion Rock."

### Teamwork, passion and lifelong learning

Having overcome a plethora of hurdles, all the alumni agree that teamwork is crucial to a successful outcome. Dr. FONG says this is also a belief held by CUHK alumni and Hong Kong medical staff as a whole. "Dr. WONG and I were classmates and graduated in the same year. After that, we didn't have many opportunities to work together. On this operation, we were working partners. After she arrived in Japan, we were in constant contact, exchanging the latest news, no matter whether it was midnight or early in the morning." As the two former classmates worked hard together, often forgoing sleep, the close relationship they developed has been an unexpected silver lining.

Dr. LAM points out: "The Hubei operation involved the evacuation of



1,027 people to Hong Kong. Only one person was later diagnosed with COVID-19. None of the other passengers on the flight was infected, proving that the infection control measures were very effective." Dr. TSOI adds: "Shifting from the emergency room of the hospital to a narrow aircraft cabin, with limited resources to provide appropriate medical services, was a big challenge for me." Both doctors shared that after this battle, they saw great improvements in their resuscitation and infection control capabilities.

Dr. SIU agrees: "Although I hope, from the bottom of my heart, that similar epidemics do not happen again, this experience not only allowed me to continue learning but also provided very good teaching material. I gained valuable knowledge and experience that I can pass on to the younger generation."

Dr. WONG says the qualities that helped her overcome the many challenges that occurred were determination, perseverance, empathy and passion. She laughingly adds that although she graduated many years ago, her heart still burns with passion and this memorable journey of serving Hong Kong people abroad has overwhelmed her with joyful experiences and she has learnt many life lessons as well.

Ms. LEUNG chips in: "We just need to keep that fire burning and, at the same time, believe in our abilities!" She adds that in such unprecedented circumstances, everyone has a role to play and demonstrate their strength. "I have



grown through this experience. If a similar mission arises in the future, I will not hesitate to raise my hand to participate.”

The youngest alumna in the group, Dr. WU, who graduated from New Asia College, encourages CUHK alumni and the people of Hong Kong with the lyrics of his college song: “Let’s march through life, let’s sing when we’re tired.”

“This coronavirus pandemic is a danger to people from all walks of life around the world,” he says.

**於新冠狀病毒肆虐全球之際，一群醫學院的校友，展現專業知識、不懈精神，協助撤離滯留日本鑽石公主號和中國湖北省的香港人；竭盡所能，確保撤離行動中的所有人員免受感染，平安歸來。**

### 跨越困難的日本行動

特區政府於2月共派3班包機，接載多名被困鑽石公主號的港人。來自衛生署、負責策劃支援的方浩澄醫生坦言：「這是史無前例的傳染病，未知數太多，籌備時間倉卒，制定感染控制措施著實艱巨。」

隸屬衛生署、曾參與日本及武漢行動的胡衍任醫生感嘆：「我們不想浪費任何個人防護裝備，但同時要確保所有成員有足夠和合適的裝備。在當地補給這些裝備是不可能的。」

同屬衛生署、擔任日本行動「先遣部隊」的黃駿君醫生，憶述行動中每個細節都充滿不確定性，猶幸與保安局、入境處，以及駐東京經濟貿易代表部的團隊合作無間，於爭分奪秒間當機立斷。例如第二班包機中，17名港人被誤列為緊密接觸者，未獲准登機。黃醫生邊了解情況，邊安撫眾人情緒；同時需繼續安排其他港人登機，並向航空公司及機組人員解釋，行動中感染控制所提供的保障。她憶述心情如坐過山車，大起大落，幸好透過多個單位的協商，問題最終得以解決。當晚經過近10小時的折騰，最後看著那17名港人手持登機證、懷著感激的心情如釋重負地步入離境大堂的那一刻，整個團隊才總算鬆一口氣。



“Fighting it is no longer a sprint, but a marathon. No one knows when it will end. Because this race will be long,

we have to be more humane, take care of ourselves and others, move forward together and contribute what we can.”

### 審慎籌劃的武漢撤離

今年3月，特區政府派出多班包機，前往疫情重災區武漢，接載滯留湖北省的香港人回港。3名醫院管理局的急症科醫生：林建群醫生、蕭粵中醫生和蔡振興醫生，均參與其中，為旅途中的突發事故，提供醫療支援。

「行動前我們已就如何處理哮喘發作或心臟驟停等情況，作謹慎評估。」林醫生解釋：「飛機氣流由機頭向機尾流動，若有人不幸心臟停頓，需施行『灌氣』治療或『插管插喉』等高風險程序，便盡量把病人移至機尾位置施救，讓霧化粒子盡快排出機外，以減低傳染病擴散的風險。」

「出發前，我們盡可能了解航班所有乘客的狀況和特殊需要，以備所需藥物及儀器。」蕭醫生指：「我負責的包機，接載了14名孕婦。雖說武漢返港航程只需2小時，也要為機上緊急分娩作準備。」

除了工作壓力，體力負擔同樣沉重。蔡醫生說：「那天我清晨4時起床，即日來回香港、武漢，歸家時已過午夜。連續20小時的任務，過程需高度集中，實在身心俱疲。」

於衛生署工作、參與湖北撤離行動的護士梁玉芳透露：「原來隨行工作人員、包機的機組人員等，都會非常緊張，依靠我們指導防護工作。那刻，我們更要發揮專業知識，教他們冷靜面對。」

### 永誌難忘的感動時刻

行動縱使艱辛與阻滯重重，但當中不

乏「感動位」，叫人溫暖難忘。有位70歲的鑽石公主號確診者，在日本留醫，黃醫生與他保持聯繫，給予鼓勵。「他每天從病房拍下窗外海景的美麗照片，與我分享，表示明白醫護人員的辛勞，反過來為我們加油打氣。」

此外，包機抵港時，撤離人士一副副釋懷的神情、一聲聲衷心的道謝，也讓他們難以忘懷；更肯定這一切努力並無白費。

### 團結與熱誠的成果

讓一眾校友迎難而上，完成使命，正是一份團隊精神。方醫生由衷表示，這也是中大校友，以至香港醫護人員抱持的信念。

林醫生指湖北的撤離行動，共接載1,027人回港，及後只得1名人士確診，足證感染控制奏效。蔡醫生補充：「從醫院急症室來到狹窄機艙，在有限資源下提供適切的醫療服務，是莫大挑戰。」蕭醫生明言，絕不希望類似的重大疫情再現。「但是次經驗，不僅讓我持續學習，更成為培訓的良好教材。」經此一役，3位醫生在急救技術及感染控制方面的能力，均更進一步。

黃醫生自覺跨越重重難關，全賴決心、堅持、同理心和熱情。她笑言畢業多年，但心中那團「火」從未熄滅，更愈加熾熱。梁姑娘認同：「要讓自己那團『火』，繼續燃燒，日後再有任務，我定會請纓參與。」

最後，當中最年輕、作為新亞人的胡醫生，以書院院歌中的「艱險我奮進，困乏我多情」，勉勵中大校友和香港人。「在這場艱險的持久戰中，我們需要更多人情味去照顧自己、關懷身邊人；在各自崗位上全力以赴，一起奮進向前。」



## Examination Arrangements amid COVID-19

The year 2020 will certainly be remembered as the year that nearly derailed the careers of CUHK's final year medical students. It will also be remembered as the year that Faculty academics stepped up, amid the COVID-19 outbreak, to ensure their students will graduate and have a promising future as physicians.



The year began with COVID-19 wreaking havoc on daily lives and businesses. Even though the number of coronavirus infections in Hong Kong was not as high as those recorded elsewhere, concerns remained as memories of the SARS crisis of 2003 resurfaced.

The Medical Faculty started shutting down clinical teaching at the Prince of Wales Hospital in late January. In March, medical students began bombarding the Faculty with questions - do they have to return to the hospital for the exams; what if there was cross-infection; should the assessments be conducted online or should they be fast-tracked so that they can immediately become doctors without having to take the exams?

The idea of fast-tracking final year students was not one the Medical Faculty was keen on. Professor Enders NG, Associate Dean (Alumni Affairs), explains: "Italy and the UK did that because they were seeing very high infection rates and deaths and they didn't have enough manpower to help patients. But the outbreak in Hong Kong isn't that bad and our hospital workforce, up to now, is manageable. So we felt we didn't need to push the students to the frontline."

### Uphill battle commences

As the exams drew nearer, students became increasingly worried and

questions became increasingly difficult. Some students complained about the lack of discussion in the decision-making process concerning their examination arrangements. Professor NG, who is also the Med 6 Curriculum Coordinator, realised transparency was crucial and he needed to engage with the students quickly via social media platforms. "Imagine, if just one or two students think it's unsafe to come back for the exams, this fear will spread to their classmates."

Results of a questionnaire showed that around 60 students - a third of the class - refused adamantly to take the exams. The finals not only covered written tests but also the Objective Structured Clinical Examination, OSCE, which usually takes place in hospital and involves physical examinations, history-taking, communications and consent for procedures.

Thus began the uphill battle to persuade the students to return to hospital for the exams. "Delaying or deferring the exams could have devastating consequences for them," Professor NG explains. If they missed the finals, they would not be able to register with the Medical Council in July - a prerequisite for new graduates for their internship with public hospitals. "Having internships can guarantee them a good resident training post

one year later, which is vital for their future career development."

### Cool heads prevailed finally

A week before the exams, together with the Department of Surgery's Professor Simon NG and Professor C.C. SZETO from the Department of Medicine and Therapeutics, Professor NG held a Zoom briefing on the Faculty's infection control measures with some 200-plus final year students. Measures included wearing masks, placing desks 1.5 metres apart, temperature-taking before entering the exam premises and hand-sanitising. As for OSCE, the Faculty dispensed with real patients. Instead, it employed surrogates, used manikins, simulators, clinical photos and videos to meet the clinical requirements. "More importantly, we had to ensure the standard of examination wouldn't be compromised because of the stringent measures," says Professor NG.

"With improved communications and better engagement with the students, during and after the briefing, their attitudes changed and they finally complied with the arrangements. Thankfully, everything went off smoothly.

"I do hope the students understand that we did all this, not because we wanted to show our authority and force the exams on them," he stresses, "but because we have their best interests at heart."



## Reunion Gathering

### Class 1999

On 8 December 2019, the clinking of glasses and laughter could be heard emanating from a restaurant in Park Lane Hotel, Causeway Bay. If you peeked in, you would have seen some 53 doctors of Class '99 enjoying a lunch buffet, chilling with old classmates and exchanging anecdotes. It was indeed a fun way of spending a Sunday afternoon and, at the same time, celebrating the 20th anniversary of their graduation from medical school.



### Class 1995

It was that time of year for Class '95 as they headed down for their annual social catch-up on 12 January 2020. The 60 doctors trooped to ISquare, Tsim Sha Tsui, where a delicious dinner awaited them. They chatted, laughed and had fun taking photos of themselves with the scenic harbour view in the background. The Chinese New Year celebrations around the corner only added to the jovial atmosphere of their memorable dinner.

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