

## 葵涌醫院 Kwai Chung Hospital

# 年輕員工發揮創意 自製無煙遊戲鼓勵戒煙

吸煙不但影響身體健康，亦與精神健康關係密切。在葵涌醫院行政總監阮家興醫生眼中，推廣無煙文化是一個潛移默化、循序漸進的長時間行動：「不少院友或吸煙人士都知道吸煙會影響自身和他人，不過多年建立的習慣難以改變。我們在勸導他們戒煙的過程中，一直抱持包容的態度以減少衝突，當中良好的醫患關係對推廣反吸煙尤其重要，這樣能讓無煙信息能更有效地傳遞予我們的服務使用者，包括院友、家屬或其他合約員工。」

葵涌醫院在反吸煙教育上投放了大量資源作宣傳、解說及引導，其中反吸煙工作小組不時巡查醫院範圍，教育及勸喻違例吸煙人士。醫院當眼處亦張貼戒煙海報及禁煙告示，提醒醫院範圍內嚴禁吸煙。在醫院走廊處設置了「無煙世界·海報展覽」，向公眾展示吸煙的禍害。醫院的交誼中心則定期擺放由年輕員工設計及製作的「無煙遊戲」，包括「戒煙康樂棋」及「豆袋遊戲盤」，讓到訪者了解煙害資訊，同時提供機會予員工一展所長，發揮創意。未來隨着新醫療大樓的落成，醫院亦會把無煙文化拓展至更廣闊的領域，融入到工培訓及公眾教育當中。



## Young Staff Members Give Full Play to Their Creativity to Encourage Smoking Cessation

Smoking not only affects physical health, but also closely related to mental health. Kwai Chung Hospital has invested a lot of resources in anti-smoking education. The anti-smoking team inspects the hospital area from time to time to educate and advise smokers; smoking cessation posters and no-smoking notices are posted at prominent places in the hospital; smoke-free games designed and produced by young staff members were displayed to help patients relieve their withdrawal symptoms.

Dr Desmond NGUYEN, Hospital Chief Executive highlighted, "We have been adopting an accommodating attitude to minimize conflict in the process of persuading them to quit smoking, so that the smoke-free message can be more effectively conveyed to our stakeholders." Kwai Chung Hospital will uphold the objectives in promoting a smoke-free healthy lifestyle among hospital staff, patients and their families.



▲葵涌醫院讓年輕員工一展所長，發揮創意，設計出「戒煙康樂棋」予院友認識煙害資訊。Smoke-free games designed and produced by young staff members were displayed to help patients relieve their withdrawal symptoms.