

愛嬰第一

The First Baby-Friendly Hospital In Hong Kong

伊利沙伯醫院 Queen Elizabeth Hospital



愛嬰醫院定名紀念特刊

Special Issue

Baby-Friendly Hospital Designation



Baby Friendly Hospital Initiative
Hong Kong Association
愛嬰醫院香港協會



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Words from the Chairperson

Dr. Shirley Leung - Chairperson, BFHIHK



Congratulations to Queen Elizabeth Hospital for having become the first Baby-Friendly Hospital in Hong Kong! This achievement marks an important milestone in Hong Kong's odyssey towards reviving the breastfeeding culture.

I wish to take this opportunity to congratulate and thank the Government for its vision of a healthier Hong Kong, commitment to supporting optimal infant and young child feeding, insight into the myriad of barriers to breastfeeding and determination to confront these head-on.

In the past few years, we are delighted to witness positive changes in the social environment which has

In this long and arduous journey to promote, protect and support breastfeeding, the Baby Friendly Hospital Initiative Hong Kong Association undertakes to remain a staunch partner for years to come.

become more supportive of breastfeeding. The general public is much more aware of the values of breastfeeding and the needs of mothers and babies, thanks to the strengthened public education. Pioneered by the public sector, breastfeeding friendly workplace and public place policies and practices are steadily taking root in the community.

By 2020, we shall see all 8 public hospitals with maternity units designated as Baby-Friendly Hospitals. Baby-Friendly Maternal and Child Health Centres are also in the pipeline. Hopefully, the private sectors will follow suit. With services provided in maternity units and baby clinics being re-engineered to meet the "Baby-Friendly" standards of the World Health Organization/UNICEF, mothers and families can expect to be well informed about optimal infant feeding options and receive reliable support by healthcare workers to establish and sustain breastfeeding for a period that suits their life styles and circumstances.

Until the present moment, a significant, albeit decreasing, proportion of mothers has been unable to even establish exclusive breastfeeding in the first few weeks after delivery, let alone continue to do so for six months, mainly due to a lack of support in the healthcare facilities.

In a few years' time when most health facilities become baby-friendly, establishing exclusive breastfeeding may no longer be an issue, and the call for more support for mothers to sustain breastfeeding (e.g. by having longer maternity leaves) will become acute.

On the other hand, families are still experiencing the aggressive promotion of formula milk for infants and young children using misleading health and nutritional claims and through various channels that discourages and undermines breastfeeding and optimal feeding of young children. The implementation of a Hong Kong Code of Marketing of Breastmilk Substitutes by a Government that is committed to defending public health at the forefront is long-awaited.

As we come to celebrate the remarkable achievement of Queen Elizabeth Hospital and the many positive changes mentioned above, we do not forget the society still abounds with tangible or intangible hurdles to breastfeeding. In this long and arduous journey to promote, protect and support breastfeeding, the Baby Friendly Hospital Initiative Hong Kong Association undertakes to remain a staunch partner for years to come.

愛嬰之路的 苦與樂

曾小玲女士

伊利沙伯醫院婦產科部門運作經理



曾小玲女士與伊利沙伯醫院婦產科部門主任梁國賢醫生

香港終於認證了第一間愛嬰醫院 - 伊利沙伯醫院。

「伊」院從二零一一年立意踏上愛嬰之路，其間成立督導委員會統籌一切「愛嬰」事宜。除了建立網頁加強員工溝通，安排海外參觀吸取經驗，還每年舉辦「愛嬰繽紛日」。以推廣母乳餵哺至社會各階層，包括小學生、中學生、少數族群及聯網員工等。活動在院方支持下，我們於員工培訓、服務改善和加強與孕婦溝通各方面均竭盡所能。回想這條愛嬰之路，途中經歷苦樂參半，且讓我在此抒發一番！！

安排補習特攻 知識融會貫通

記得在第二階段認證前，員工們忐忑不安，特別是支援員工方面，她們深怕所學所用的知識與技巧未能達標。於是我們組織補習特攻，每天下午交更首十五分鐘進行特訓，這樣除了增進員工們母乳餵哺的知識和加強她們的自信心外，意外的收穫是部門的同事更團結更齊心，而第二階段認證亦能順利通過。

手術肌膚接觸 母親心中滿足

另一件印象深刻的事情是在手術室內即時進行母嬰肌膚接觸。當時不論麻醉科醫生或助產士均對即時進行肌膚接觸有所保留，一方面擔心手術台上執行親子皮膚接觸位置太小，寶寶放在母親胸前危險，阻礙手術進行，同事分身乏術等等；更擔心手術室溫度太冷，寶寶容易低溫。總而言之有十萬個怎麼能？怎麼辦？最後制定標準作業流程、增加保溫用品、安排在職教育及協商溝通等方案介入後，手術室親子肌膚接觸終於能夠開始了。最重要是得到產婦的讚賞，媽媽們覺得在手術室進行親子肌膚接觸，對成功確立母乳餵哺有很正面的幫助。

總括而言，愛嬰之路實非平坦康莊大道，卻只需上下一心，群策群力，目標必能達到！

JOURNEY OF A QUARTER OF a Century towards Baby-Friendly

Dr Patricia Ip

Chairperson, Committee on Baby-Friendly Health
Facilities Designation Programme

Dr Robert Fung, founding chairman of Hong Kong Committee for UNICEF, in 1992 had the foresight to establish the Baby Friendly Hospital Initiative Committee which later became the Baby Friendly Hospital Initiative Hong Kong Association (BFHIHKA), but it took 24 years before Hong Kong has our first Baby-Friendly Hospital. Only 2 mothers out of 10 attempted to breastfeed those days, not to mention exclusive breastfeeding for 6 months. With scant resources BFHIHKA focused on collecting baseline data on breastfeeding, educating professionals through train-the-trainer courses and raising public awareness with different activities.

With all hospitals receiving free infant formulas from commercial source, no matter how hard hospital staff tried, hospitals would not qualify as baby-friendly. Fortunately all public hospitals discontinued free supplies in 2010 and promptly followed by private hospitals.

The Department of Health then initiated the drafting of a Hong Kong Code to regulate the marketing of infant formula and related products. During the public consultation on the draft, parties whether for or against the Hong Kong Code, all agreed that the Code by itself is not enough to support mothers to sustain breastfeeding. The government gave extra resources to

public hospitals with maternity units that were willing to work towards baby-friendly. Although far from being adequate, this served as an incentive. The Hospital Authority announced that all hospitals with maternity units will become baby-friendly by 2020.

BFHIHKA actually commissioned assessor training with a mock hospital assessment in 2003 in preparation for applications for designation but none was received. Meanwhile WHO/UNICEF revised the assessment process in 2009. As there was then a sense that assessment in Hong Kong was going to be a reality, BFHIHKA reviewed assessment systems in a number of countries and decided to base the assessment on WHO/UNICEF



BFHF Designation Programme Assessors: Ms Iris Ip, Dr Ip, Ms Agnes Wong



Dr Patricia Ip



standards but conducted in a stepwise fashion according to UK UNICEF BFI.

The first Hong Kong public hospital applied in 2013 and completed the final assessment in 2016. Five other public hospitals are now in different stages of assessment. Hospitals and BFHIHK are partners in the process learning from each other formulating an assessment system workable for Hong Kong yet meeting international standards.

The process has been enlightening. In general, nurses rather than doctors, obstetrics rather than paediatrics are more enthusiastic in being designated as baby-friendly. Although primarily maternity units are being assessed,

other departments taking care of pregnant women, mothers and infants are also assessed to various degrees. Support from the hospital administration to ensure inter-departmental co-operation is essential.

Similarly, if hospitals have antenatal shared care with Maternal and Child Health Centres (MCHCs) and/or postnatal follow-up in such centres, there needs to be streamlining of care both before and after child birth. Such a relationship is also being built between the same specialty of different hospitals and hopefully between public and private hospitals as mothers and infants do move across such boundaries. It has been good to see communication

channels developed and management protocols unified so that pregnant women, mothers and infants could receive consistent and evidence based best medical practice.

BFHIHK hopes the spirit of baby friendliness, will spread from maternity units to neonatal units and to healthcare facilities such as MCHCs beyond hospitals. We look forward to the community complementing efforts of healthcare services to build a breastfeeding friendly city supporting mothers to achieve their individual breastfeeding goal as now nine out of ten mothers initiate breastfeeding.

Ms Judy Chen, JP Chairman of Hong Kong Committee for UNICEF



Ms Judy Chen JP

We know giving all children the best start in life begins with breastfeeding. It is the most natural, simplest, smartest, and cost-effective way to help children attain a healthy growth, a lasting gift that parents can give to their children.

UNICEF and WHO launched the Baby Friendly Hospital Initiative in 1991 as a global effort to implement practices that protect, promote and support breastfeeding. Since then, the Baby Friendly Hospital Initiative has grown, with now more than 152 countries around the world implementing the initiative.

To support the initiative in Hong Kong, the Hong Kong Committee for UNICEF (UNICEF HK) formed the Baby Friendly Hospital Initiative Committee in 1992, which was registered as Baby Friendly Hospital Initiative Hong Kong Association (BFHIHK) in 1994 to promote breastfeeding and protect infant health.

This year marks the 30th anniversary of UNICEF HK. We are glad to witness the birth of the first Baby Friendly Hospital in Hong Kong and would like to express our sincere appreciation to BFHIHK and Queen Elizabeth Hospital for their dedicated effort and professional guidance in making such an unprecedented achievement.

With the designation of the first Baby Friendly Hospital in Hong Kong, it sets a good example for the many health facilities to contribute to infant health and paves the way for strengthening the public health infrastructure in Hong Kong. We look forward to witnessing more health facilities in becoming baby friendly and nurturing a healthier generation.

終於等到香港的 第一間愛嬰醫院了

徐瑩 自然育兒網絡共同發起人

五年前，我誕下女兒之後，方發現原來哺乳並非想像中容易；後來以義工形式支持其他媽媽餵哺母乳，更深切地體會到各種不同程度的障礙。要令母乳餵哺變回人類的正常餵哺方式，社會實在需要從個人、家庭、僱主、公共政策等，在不同層次推動改變。

今次伊利沙伯醫院獲得全港第一間愛嬰醫院的殊榮，實在不是一朝一夕的事，而是一直以來努力的成果。

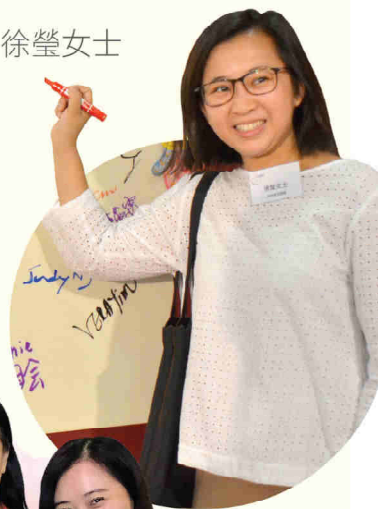
伊利沙伯醫院的產科醫護團隊，在媽媽界中享負盛名。我認識林志愛護士也有四年了，一直看著她和同事們孜孜不倦地積極改善對母嬰的服務，不

少在伊利沙伯醫院分娩的朋友都對團隊的專業和細心留下深刻印象。而且，院方除了鼓勵住院母嬰餵哺母乳之外，對所有員工亦有清晰堅定的支持哺乳政策，知行合一，誠為不易。

伊利沙伯醫院完美地示範了如何結合改變的意願，執行的能力，還有對母嬰的愛心，促成一項香港第一的成就。在熱烈地恭賀伊利沙伯醫院的同時，我們也感謝醫院管理局、衛生署一直以來推廣母乳餵哺的貢獻。我們深切盼望社會各界能受伊利沙伯醫院的成

就所啟發，一起以母乳餵哺正常化為目標，勇於面對挑戰、積極推動改變，別讓伊利沙伯醫院領先太多！

徐瑩女士



齊心就事成

歡樂時刻 與你共享



今天是值得梁醫生、
盧醫生及廖總經理歡欣的日子



梁栢賢醫生瀟灑依然



四位推動母乳餵哺不遺餘力的女士



陳肇始教授典雅大方出席盛會



多麼多麼的高興



梁智仁教授說了些甚麼？
令其他來賓開懷



老朋友聚首



醫護界名人濟濟一堂



看我們多精靈可愛，我們都是吃人奶長的大的



噢！蛋糕竟是愛嬰醫院標誌，真特別



拔萃女書院合唱團的
歌聲繞樑三日



多麼多麼的興奮



出生時不足半公斤的女孩，
因媽媽堅持母乳餵哺，
已茁壯成長，
今天為媽媽送上驚喜

八月廿七日的正午，伊利沙伯醫院地下大堂雖非衣香鬢影，却見醫藥界冠蓋雲集。各到賀嘉賓致詞時，除道賀伊利沙伯醫院的成就，感謝伊院同事的辛勞外，亦期盼更多醫療機構能獲此殊榮。各同儕努力呀！



全神貫注



聯合國兒童基金香港委員會總幹事
劉玉燕女士祝賀愛嬰第一的誕生



好友到賀，不亦樂乎



來張終極大合照吧！

愛嬰醫院前奏曲

梁永昌醫生 廣華醫院婦產科部門主管
忻珠女士 廣華醫院婦產科部門運作經理



忻珠女士及梁永昌醫生

金風送爽，也送來了一個大大喜訊 - 友院伊利沙伯醫院榮獲香港愛嬰醫院協會認證為全港首所愛嬰醫院，真是可喜可賀。深深佩服伊利沙伯醫院同事，憑著上下一心，群策群力的無私精神，克服了愛嬰路上的種種挑戰，並成功達成目標，為香港家庭及社會創建了健康大道。



回顧本院，自2013年冬，已向愛嬰醫院香港協會，遞交了意向登記書，承諾履行世界衛生組織，及聯合國兒童基金會訂定的成功母乳餵哺十項指引和母乳代用品銷售守則。並訂立了嬰兒餵哺政策及行動計劃，並於2015年夏，獲得頒發承諾證書，現正修訂及申請第一階段實踐證書中。

自立志踏上愛嬰路，這兩年多來，本院同事都組織起來，成立了母乳推廣團隊，重新檢視舊有政策及實務，按部就班地進行著母乳餵哺的優化工程，為嬰兒餵養帶來了一番新的景象。

優化產前教育

千里之行，始於足下，理想的嬰兒餵養亦建基於結實的產前準備。務使更多的準爸媽在小寶寶來臨前，可以掌握好嬰兒餵養的常識和技巧，本院優化了「母乳餵哺教室」的內容和增加了上課的節數，並由本院的國際母乳餵哺顧問們擔當主持。課堂上，除了講授嬰兒餵養常識外，準爸媽還可以練習抱抱洋囡囡，初試餵哺母乳的姿勢和技巧，氣氛互動又輕鬆。懷孕28週以後的準媽媽，在覆診期間，我們的助產士團隊，還會主動地跟她們談談分娩和餵哺寶寶的事兒，為小寶寶的來臨做好最佳準備。還有少不了的，就是贈送準爸爸媽媽本院修訂的產前教育小冊子，及衛生署製作

的嬰兒餵哺小單張，內容簡潔易懂。本院婦產科部門最近也製作了一輯嶄新的嬰兒餵哺視頻，也即將與大家在互聯網上見面！屆時準爸媽們及家人，便可隨時隨地，上網瀏覽，增添不少哺乳常識及樂趣。

推動親善生產

近年來，為提升順產率及推廣母乳餵哺，本院參考了Coalition for Improving Maternity Services的倡議，為準爸媽提供親善生產服務。在溫馨產房裡，醫護團隊和準爸媽們攜手一起，共同營造母嬰友好的氛圍，生小孩真是人生一大樂事。

優化的服務



鼓勵陪產

準媽媽在分娩時，有丈夫或摯愛的陪伴，她的焦慮也自然減少了。陪產也是最佳的舒緩疼痛的方法，同時增加了準媽媽對分娩的自信心。

鼓勵準媽媽自由活動，採用舒適的體位

低危的準媽媽，在待產時，活動活動，如走路、搖擺身體或採用舒適的體位，或坐或俯伏或蹲等等，都可能促進產程，幫助母乳餵哺的建立。

只施行必須的醫療程序

在待產及分娩進程中，婦產科醫護團隊都和準媽媽在一起，給予支持及評估她和小寶的臨床情況，安全的服務。只有在醫學指徵的情況下，才會給準媽媽輸液、引產、會陰切開術，或剖腹產等。希望準媽媽在最佳狀態下，迎接小寶的來臨，儘快建立母乳餵哺。

鼓勵進食清淡食物

低危的準媽媽，在待產中不用禁食，可以進食一些清淡的飲料及食物，以維持體力，迎接小寶的來臨。

提供非藥物鎮痛

待產時，準媽媽可選擇無副作用的非藥物鎮痛，如聽聽音樂、玩玩分娩球、做做按摩、請家人/摯愛陪產，或來一個溫水淋浴等。以減少由於藥物鎮痛，影響了小寶出生後的覓乳和吸吮能力。



此刻，耳邊又響起了悠揚兒歌聲：

「齊來餵哺母乳要愈早愈好，樂趣每日倍添親子關係好，
哺乳益處又多既經濟又環保，培育健康醒目的寶。」

(創作者：廣華醫院助產士張培敏)

愛、熱情和堅持，鋪設了愛嬰大道，讓本院同事，大家手牽手，肩並肩，一起邁向愛嬰醫院，目標必定達到！

寶寶出生後和媽媽即時肌膚接觸

健康的小寶寶在本院出生後，助產士會即時用柔軟的吸水巾抹乾寶寶的身體，小寶寶和他(她)的媽媽親親後，助產士會把他(她)放在媽媽沒有衣物遮蓋的胸腹上，並替媽媽及小寶寶蓋上暖毯子，還會給小寶寶戴上一頂醒目小帽子，進行皮膚對皮膚接觸！於是小寶寶和媽媽的親密關係就開始了，小寶寶伏在媽媽的身子上，開始探索這外面的世界，追索著媽媽身上羊水的氣味，尋找媽媽的乳房，找到以後，便開始用小嘴吸吮人生第一口寶貴的黃金初乳，內裡充滿了維生素、抗體、高質素的保護因子，同時也給了小寶寶在生命中的第一道疫苗。肌膚接觸，除了加添媽媽和小寶寶之間的愛和互動，還可以穩定小寶寶的體溫和呼吸，減少媽媽產後出血，預防產後憂鬱症。

推廣產後母嬰同室

健康的小寶寶出生後，在產後房就睡在媽媽床邊的小床上，享受和媽媽一起的甜蜜時光，彼此開始互相了解，在助產士和健康助理員的協助下，媽媽開始學習如何滿足小寶寶的需要，小寶寶滿意了，就不愛啼哭，媽媽給小寶寶餵奶時，也就如魚得水了。

助產士還會每天幫助及鼓勵媽媽，怎樣做好正確的哺乳姿勢及有效的吸吮。倘若，有些小寶寶由於某些原因，需要留在初生嬰兒病房，不能和媽媽一起，助產士會教導媽媽在小寶寶出生後6小時內擠奶，用針筒收集後，盡快地把黃金初乳送到初生嬰兒病房，給小寶寶作母乳口腔護理或飲用，初生嬰兒病房的同事亦非常鼓勵媽媽在病房，和小寶寶一起作袋鼠式的擁抱呢！

嬰兒餵哺小組

這一支由我們的國際母乳餵哺顧問和助產士組成的團隊，在2013年已經成立。她們每天都在產科房、初生嬰兒病房、初生嬰兒深切治療部，探視餵哺母乳的媽媽，面對面地幫助她們解決餵哺小寶寶上的難題，以建立她們餵哺母乳的信心和技巧，照亮她們的哺乳路。另外，她們亦服務本院的嬰兒餵哺電話專線和嬰兒餵哺診所，使更多出院後的媽媽，得到適切的支援，繼續這項偉大的人生工程 - 純母乳餵哺或餵哺母乳。

結語



瑪麗近況

李韻明女士

瑪麗醫院兒童及

青少年科顧問護師

2013年12月，瑪麗醫院登記並開始了承諾5年內成為愛嬰醫院的認證程序。今年4月，我們順利取得了第一階段實踐證書，現正熱切等待取得第二階段實踐證書的認證。十分難得有這機會，可在此分享過去這兩年多來新生嬰兒科團隊的經驗及努力成果。

首先要分享的是我們在對自己的期望，這包括提高住院嬰兒母乳餵養率，確保住院新生嬰兒能儘早得到母乳(出生首6小時內)，提升醫護人員協助哺乳母親的能力，做好處理母乳的風險管理，持續改善嬰兒餵哺的護理，更重要的是營造友善新生兒病房的文化，希望在不久的將來能實現成為愛嬰新生兒病房(Baby-friendly Neonatal Unit)呢!

要達成這期望，我們明白必須要推動改革，同時要克服因改變帶來的困難和辛勞，如何凝聚團隊的力量是最大的挑戰，但當成功了也為我們帶來最大的回報 - 就是出現更緊密的伙伴關係於部門內，部門之間，醫院內外。一同為推行嬰兒餵哺政策而出力!

我們的行動包括重組母乳餵哺推廣委員會，除了兒科及產科部門內執行的各項改革行動，我們更動員各級醫護人員舉辦大型的院內外推廣活動，喚起同事對嬰兒餵哺的關注。例如，在2014年我們舉辦了袋鼠抱攝影比賽及展覽，2015年，推廣，鼓勵在職哺乳，友善工作間等。

實踐愛嬰醫院的標準，單靠兒科及產科的改革，絕對不能展現真正的意義，在提高了住院嬰兒母乳餵養率，營造友善新生兒病房氣氛的同時，更希望我們的努力能影響更多醫院內外的人!



感動一刻

透過鏡頭下的影像，宣傳母乳餵哺及肌膚接觸(袋鼠抱)的好處

參賽資格
歡迎而聯組醫院處，其家屬及僱員參與
作中的寶貴年齡必須為一歲以下

參賽組別
• 父母組
• 員工組

參賽方法
參賽者須填妥報名表格(可於登入「瑪麗醫院內聯網」，電話二〇二四國語熱線或親臨攝影比賽「感動一刻」下覽、傳閱、簽署作同。於二〇一四年六月二十日期，郵寄至瑪麗醫院K區十樓十樓樓接待處，並註明「二〇一四年國語母乳餵哺攝影比賽」，或電郵infecto@ha.org.hk
• 參賽作品不回家於十月底發

查詢
如有查詢可於辦公時間致電
初生嬰兒科：25559888 彭先生
婦產科：25559888 何小姐

獎項及獎品
各組別設有一、二、季軍
各得獎者均獲頒獎品及證書

主辦：瑪麗醫院 / 瑪麗醫院內聯網及員工服務中心

瑪麗醫院 / 醫務院母乳餵哺推廣委員會 啟



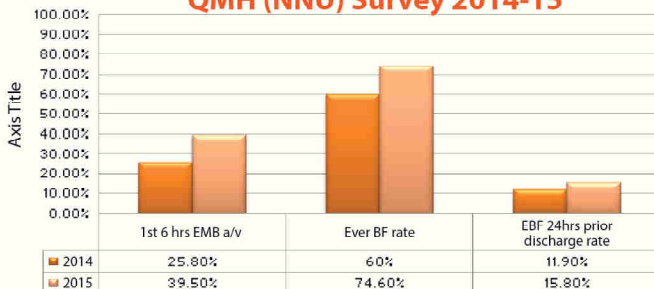
Baby-Friendly Initiative in Queen Mary Hospital

**Dr Rosanna MS Wong - Associate Consultant
Department of Paediatrics and Adolescent Medicine, Queen Mary Hospital**

Since 2013 as we worked towards Baby Friendly Hospital accreditation in Queen Mary Hospital, we have established and incorporated the baby friendly standards in the care of the premature and sick babies in our neonatal unit. Our goal is to provide the best start for our babies by supporting breast milk feedings and transition to breastfeeding. Our vision is to build eventually a family centred neonatal care model by involving parents as our partners in the care of their newborn babies. We have indeed faced many challenges in the process: manpower struggle, staff turnover and training, geographic separation of NNU and postnatal ward, shortage of space and facilities, difference in breastfeeding culture and beliefs among staff and parents,

just to name a few. Yet with concerted effort, we have made important changes in the last few years in creating a more breastfeeding-friendly environment and a care system that respect needs of individual mother and family. Through the collaboration of neonatal and obstetric units, we have established and implemented guidelines on the management of neonatal jaundice, neonatal hypoglycaemia, use of supplementation, use of expressed breast milk and management of tongue tie. Kangaroo care is now a standard in our NICU and increasing number of babies are on exclusive breastfeeding upon discharge. We have also achieved the training standard for all medical, nursing and supporting staff.

QMH (NNU) Survey 2014-15



We are particularly proud of our nursing staff who are always hardworking, determined and innovative in supporting breastfeeding and we are thankful for the support and trust from parents.

餵人奶，媽媽營養嚴重不足？

香港理工大學食物安全及科技研究中心於七月廿六日發表一項關於餵哺母乳的營養研究，報告指哺乳媽媽攝取的鈣鐵碘量不足。

本會副主席梁永昌醫生(廣華醫院婦產科主管醫生)於診症時遇上很多表示憂慮的孕婦，她們亦質疑應否於產後餵哺母乳。

梁醫生指調查以95位母親三日內的飲食作研究，讀者無須過份擔心。若要準確知道體內鈣鐵碘的含量及有否因缺乏此等元素引致的疾病，其實需要進行血液測試及其他檢查。

梁醫生笑稱讀者通常看到報導的標題已引起恐慌，而忽略了研究報告提出的建議。其實理大的研究並無

反對母乳餵哺，只是提醒哺乳媽媽要留意多元的食物選擇而已。

Are Breastfeeding Mothers in Hong Kong Undernourished? Dr Leung Wing Cheong

The research team of The Hong Kong Polytechnic University's Food Safety and Technology Research Centre has conducted a study to analyze the Calcium, Iron & Iodine levels of breast milk of Hong Kong lactating women and their daily intakes of these micronutrients. **

The media release on 26th July 2016 has attracted attention from our pregnant and lactating women. I have already been asked by a few pregnant women in the antenatal clinic whether they should reconsider their intention to breastfeed their coming newborns. I have explained to them that this is absolutely not necessary and they should read the media publication more carefully and try to understand what this study is all about and thus its implications.

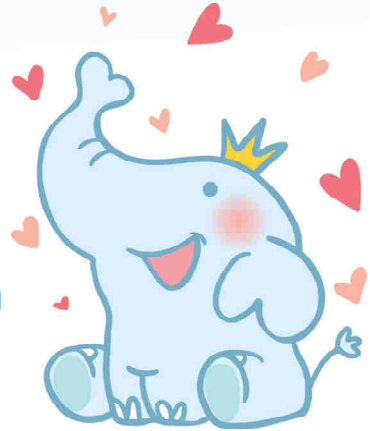
This is indeed still a common phenomenon that readers in Hong Kong are easy to be distracted by the titles of the media reports without looking into the contents. So let us look into the details of this study.

First of all, sample size is an important characteristic of a research study. Ninety-five lactating women were recruited between May 2014 and August 2015, i.e. more than one year. Breast milk samples were collected for analysis of the levels of Calcium, Iron and Iodine together with a 3-day diet survey of the lactating women. There were only 39 lactating women with 0-6 month-old infants whose breast milk samples were analyzed. It was found that 51%, 74% and 48% met the adequate intake levels of Calcium, Iron and Iodine

recommended by the Chinese Dietary Reference intakes. The research team did conclude that breast milk could supply sufficient micronutrients to support infant growth from 0-6 month. This is an interesting finding but readers should also be aware of how representative of the lactating population in Hong Kong this group of 39 women are.

From the 3-day diet survey of the 95 breastfeeding women, only 12%, 6% and 2% of them could fulfill the recommended intakes of Calcium, Iron and Iodine respectively. The research team further suggested that the lack of Calcium may result in osteoporosis, rickets or cardiovascular diseases; the lack of Iron may cause iron deficiency anaemia and impaired immune response; & the lack of Iodine may lead to hypothyroidism, goiter & cretinism. In my opinion, the implications sounded too far-fetched. It would be more convincing if more parameters such as the corresponding maternal blood levels of Calcium, Iron & Iodine; Haemoglobin level, thyroid function test, and bone density, were included in the analysis before making the conclusion.

Nevertheless, the research team did not discourage breastfeeding and recommended that our breastfeeding mothers should ensure their nutrient adequacy by making healthy and balanced food choices (dairy products, tofu, dark green leafy vegetables, meat, legumes, seafood & seaweed products), which is always correct irrespective of the research findings.



** www.polyu.edu.hk/web/en/media/media_releases/index_id_6237.html



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We need your support to give our children the best start in life. You are cordially invited to join us as our member or volunteer. We will share with you the latest news and information about breastfeeding. Let's spread the healthy message to every one! For more information, please visit www.babyfriendly.org.hk or contact us at Tel.: 2591 0782.

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愛嬰醫院行動是聯合國兒童基金會致力推動、保護及支持母乳餵哺的全球性運動

Baby Friendly Hospital Initiative (BFHI) is a UNICEF initiative to promote, protect and support breastfeeding