

Tung Chung, Hong Kong

2014.09.11~14

Free Clinic for Local Aborigines

Tung Chung is an area situated on the northwestern coast of Lantau Island in Hong Kong.

According to Liang Pei-Ying who participated in this outreach, "It is really expensive for a visit to the family doctor or specialist in Tung Chung. It can easily cost HK \$200 (around NT \$1,000) per visit. It is too expensive for me. Also, if I need to go outpatient in the hospital it will take a long time to wait in line."



Tung Chung has many minorities living together, through the Medical Outreach it can touch their families and allow the care of Tzu Chi to spread further to all communities.

Therefore, people would rather do it themselves by buying Chinese medicine oils.

The First Medical Outreach

Tung Chung is the ninth new developing town in Hong Kong. Due to short development time and the lack of community service support, there are many family problems, including unemployment, adolescent and economic issues. The Hong Kong government can only provide limited medical services to people there. Even with the North Lantau Hospital that has been officially opened and providing service since 2013, the lack of human resources and a seriously shortage of medical staff result limit 16 hours of Emergency and General out-patient services per day in the new hospital.

The Buddhist Tzu Chi Foundation (Hong Kong) and the Neighborhood Advice-Action Council (NAAC) hosted a Medical Outreach at Wong Cho Bau School in Yat Tung Estate on November 30, 2014. This four stages Medical Outreach consisted of 38 medical staff, 11 NAAC staff and 98 Tzu Chi volunteers serving 167 participants.

Although the Medical Outreach is far from city district, the number of participating doctors and nurses was a record. This Medical Outreach provides



The Buddhist Tzu Chi Foundation (Hong Kong) and the Neighborhood Advice-Action Council (NAAC) hosted a Medical Outreach in Tung Chung. Volunteers assist the residents to make appointments.

services in Chinese Medicine, Gynecology, General Medicine, Chiropractic Services, Pediatrics and Psychiatric care to ensure full service care was provided to the people of Tung Chung.

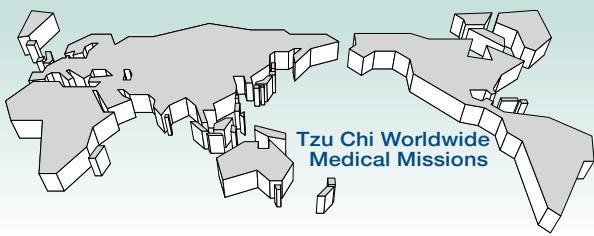
Caring for the Ethnic Minorities

Faho is an 18-year-old South Asian teenager who lives in Tung Chung. He came to attend the Medical Outreach along with his two brothers and mother. Their whole family is from Pakistan. Faho was born in Hong Kong and he speaks Cantonese. He thinks there is insufficient medical service in Hong Kong and was pleased to have the health examination in this Medical Outreach. He also looks forward to this kind of Medical Outreach in the future.

A Pakistani woman came for a Cervical Vertebrae problem due to incorrect posture while performing

her housework. After examined by a Chiropractic doctor, Tzu Chi volunteer Luo Jin-Feng reminded her through a translator that she need to persistently practice rehabilitation to ease her pain; also reminded her to bring a referral letter to a nearby hospital for further treatments. As for the other Pakistani man who has experienced spinal pain due to long-term incorrect posture, the doctor advised him to perform movement therapy in the morning and at night to ease the pain.

Ms. Liang Pei-Ying, who came together with her 4 years-old daughter, was very pleased after examination by a Chiropractic doctor and finally learned the causes for the soreness of her hand and shoulder. The injury to her hand and shoulder was caused by her repetitive workload. Through this Medical Outreach, Ms. Liang learned from the doctor and understood how to perform activities properly and how to prevent injury and



release pain through corrective exercises.

“These invitees are from low income or single families. They are the ones that really need the medical care.” Fang Yong-Zhi, the NAAC social worker stated, “Most participants have their appointments scheduled through the NAAC. Although this consultation is only for questioning, they are able to feel the caring of the doctors and nurses. For example, the medical staff thoroughly learned the patients daily habits, recommend appropriate posture, and offer solutions to improve health through daily exercises and even dietary therapy.” Fang Yong-Zhi also stated that all of the invited families were pleased to being selected to participate in this volunteer Medical Outreach.

Expand Free Clinic Service Areas

Tzu Chi volunteer Zhou Yu-Lian said, “We look forward to these kinds of activities to be expanded to Tung Chung. Tzu Chi Hong Kong first hosted the volunteer Medical Outreach in Tin Shui Wai back in 2008. They also found that there are many minorities and ethnic groups living here, and we really hope we can connect them through this opportunity.”

There are over thirty-four thousand minorities in Hong Kong, roughly around five percent of the total population, mostly from South Asia and Southeast Asia, such as Nepal, India and Pakistan. Some of them cannot read, write, listen nor speak



Ms. Liang Pei-Ying(left) came along with her 4 year old daughter, after being inspected by a chiropractic doctor, she finally learned the causes for the soreness of her hand and shoulder.

Chinese. They suffer from low self-esteem because of language barrier and they feel racially discriminated for not able to blend into communities.

The Hong Kong TIMA member Shu-Zhen Chen shared, “These minorities tend to live with their own race, especially the females who rarely get in touch with the outside world. This will possibly lead to mental issues. Hopefully, through Medical Outreach, we can get in touch with two or three of such families and through them connect with others, so Tzu Chi Volunteers can provide some comfort and necessary assistance to these ignored groups.”

Interact with Residents by Spreading Tzu Chi Care

Gynecology doctor Xier Xie is a team member from the Hong Kong Medical Team and the facilitator of this Medical Outreach. She previously participated in the NAAC and initiated medical activities. Through her assistance, Tzu Chi was able to get in touch with the NAAC, which led to this first Tung Chung volunteer Medical Outreach.

It was the fifth time for medical staff Xiu-Juan Lu to participate in the Medical Outreach. In 2010, Lu attended the Tzu Chi International Medical Association (TIMA) conference in Taiwan. She said, “The doctors and nurses of the medical



Volunteer Yue-Zheng Chen (Right) introduces the residents to the story of how those housewives dropped just a couple cents of their grocery money into a small bamboo bank each day before going to the market.

team really moved me by not only providing the professional knowledge but exhibiting the spirit of Tzu Chi.” After returning to Hong Kong, she volunteered to participate as an assistant to deliver patients to different medical divisions. In order to come to Tung Chung from Kuong Tong, she spent hours walking and taking transportation. Xiu-Juan Lu is working as an administrative assistant in the hospital; she barely had the chance to interact with the patients first hand. “It was a pleasure to serve the citizens, and to provide the professional knowledge to the needy,” she said.

TIMA member Yawen Qiu hopes to spread the seeds of Tzu Chi’s great love through this Medical Outreach.