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# NEWSLETTER

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Summer 95

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The Guild of St. Luke, SS Cosmas & Damian

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## TO THE NEW INTERNS

### From the desk of the Editor

Here comes the last issue of Newsletter of this council year. Quite a number of activities will take place in June including our AGM. Please note the dates and try to spare some time for these before the summer vacation. We have received a Easter Card from dear Sr. Howard and her greetings was published in this issue. Fr. T Collins has prepared our members well for the Easter during the Annual Retreat. For those who missed the occasion, please read some of the spiritual hints delivered on that day. These are valuable readings for the whole year round. Dr. Rebecca Yeung, our secretary, discovered an article in a nursing journal and wished to send the message to our new graduates and future colleagues. It is certainly worth reading and the "Old Chaps" would also be benefited from it.

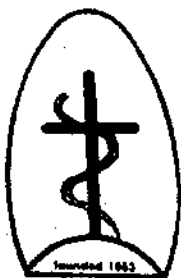
The editorial board wishes to thank all those who have contributed to the publication of the Newsletter this year, especially those who had donated generously. We also send our best wishes and blessings to the new Editorial Board in the coming council year.

Francis

### Master's Message

Many people said, "life is not easy in Hong Kong". They attributed it as the cost of prosperity. It seems ridiculous but it is true that we are, in certain degree, the 'victims' of our own success.

I believe that you would agree with me, being a doctor in Hong Kong is not easy. One



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### Inside This Issue

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- |   |                             |
|---|-----------------------------|
| 1 | From the Editor             |
| 2 | Master's News               |
| 3 | From the Council            |
| 4 | A letter from Sister Howard |
| 5 | To the New Interns          |

has to face the complicated monetary orientated society on one hand and to keep up with the escalating quantity of new professional knowledge and patient's expectation on the other. For those working in Public Hospitals, in addition to heavy clinical duties, the clinicians also have to entertain the tremendous amount of workload from hospital reform projects.

Can we ever imagine how a Catholic doctor in Hong Kong can 'survive' with his/her religious life? In the last annual retreat at Palm Sunday, Fr. Collins asked us to spend at least 10 minutes every day with God. Do we have the time? The above mentioned are good excuses to quote if we don't have any.

The problem seems not related to how much time we have but the kind of priority we adopted.

I would, therefore, like to ask you to place the Guild's functions higher on your list of priority.

Nevertheless, it is the responsibility of the Council to help members to uphold the principles of Catholic morality.

Paul

## Council News

The 5th Council Meeting of the Guild 94/95 was held on 25-4-95 at 6:30 - 7:30 p.m. at Library, Queen Elizabeth Hospital.

Attendants: Fr. Russell, Paul Ho, Rebecca Yeung, W.S. Law, Linda Lam, Bosco Chung, Philip Lee, Jonas Yeung, Simon Lo, Caroline Tsang, Regina Choi

## NEWSLETTER

Matters Arising :

1. The minutes of the 4th council meeting was adopted without amendment.
2. Fr. Russell advised that the time of the meeting should be postponed to 6:30 p.m. from the next meeting onwards since many members had to come from distant hospitals.
3. The next issue of Newsletter (the third issue of this council year) would be ready by the end of May. Members would receive it before the AGM.
4. The Graduation mass 95 would be held on 24-6-95 (Saturday) at 3:00 to 6:00 p.m. at the Catholic Institute for Religion & Society at Waterloo Road rather than at St. Mary's Church at Hung Hom as previously decided since the latter was not a familiar place to most of us. Fr. John Kwan would be our principal celebrant.
5. Paul Ho reported that he had attended the meetings of the Birthright Society regularly (monthly). However, he found no time to attend the meetings of the Federation of Medical Societies of H.K. and the Central Council of Catholic Laity of H.K.
6. The annual day-retreat on Palm Sunday (9-4-95) was well-attended by about 15 members. Fr. E. Collins S.J., had given us a very nice spiritual exercise. The lunch prepared by the cook of the Wah Yan College was delicious but too much. The surplus was delivered to the residents of the St. Mary's Home for the Aged at Aberdeen, where our retreat master dwelled.
7. The coming over-night retreat would be held in 3rd & 4th June 95 at Diocesan Retreat House, Chung Hom Kok Road at Stanley. Fr. Matthew Chan of the Salesians of Don Bosco would be our retreat master. A total of 25 bed

capacity was booked. Rebecca and Caroline would arrange the schedule.

8. The coming AGM would be held on 9-6-95 at the Caritas Restaurant, Caine Road. The schedule would be the same as last year, i.e. meeting followed by mass and then dinner. The \$120.00 per person buffet menu was chosen. A reservation for 40 people would be sufficient since food were usually in excess from past experience.

Philip Lee would resign from the post of council member but he agreed to help the publication of Newsletter until someone could take over the computer work. New council members would be recruited. Several names were mentioned, Paul would confirm with them. Paul asked for resignation from the post of Master since he would be leaving for Canada for career training during the period of July to December 95.

Fr. Russell proposed that if no new master could be elected for the next council year, Paul might continue and Rebecca, the secretary, would be the acting master during Paul's absence.



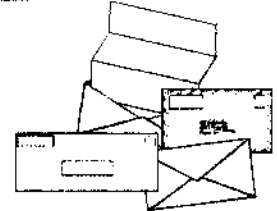
## NEWSLETTER

### From Sr. Howard

The editor received an Easter Card from Sr. Howard in US with the following message:

Dear Francis and St. Luke's Guild members,

Thank you for the newsletter. I enjoyed reading it from cover to cover. It brought welcome news of the activities of the Guild. It



also brought very happy memories of the Farewell Dinner. I cherish the everlasting crystal rose and the thought behind its choice as a gift. It has been a very happy and special time for me to return to our Center here at Maryknoll, New York and get to know again so many of my Maryknoll Sisters. It was fortunate that we only had one serious snow storm since I am not used to it (snow) after so many years in Hong Kong.

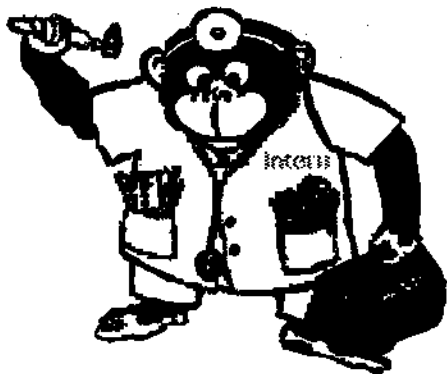
I will be looking forward to future issues of the Newsletter and praying for the Guild and its members.

## TO THE NEW INTERNS

Dr. Rebecca Yeung discovered the following article and wish to send the message to our new graduates and future colleagues. The old chaps should also read it and you will be refreshed.

### TO THE NEW INTERNS ON JULY 1

(by Mary B. Mallison, RN in Editorial, American Journal of Nursing )



Congratulations on your graduation from medical school and welcome to our unit, where you now begin to test your fledgling skills. Your nurse colleagues offer the following observations to help smooth your path, so that you - and we - will look back on your year of internship with satisfaction and pride.

1. **Put patients first.** The intern who considers first the welfare of his or her patients will also win the approval of the nurses. The corollary is also true: the intern who shows no true concern for patients will soon be bypassed, scorned, or simply ignored.

## NEWSLETTER

2. **Hospitals are run by women.** Nine of ten nurses are women. At least three-quarters of all allied health workers are women. If you treat women as an inferior subspecies, you will soon find yourself longing for the relative friendliness of a rat lab in Antarctica.

3. **Not all intelligent workers in a hospital are physicians.** Despite what your med school faculty, your parents, and your high school guidance counselor told you, most other health care workers entered their occupations as a first choice, not because they couldn't get into medical school. They also consider medicine to be one of 200 or so overlapping occupations within the broader field of health care. You will find this difference in world view to be liberating. It means we don't expect you to know everything.

Consider, for example, the specialties within nursing alone. You can consult nurse experts on patients' pain, nutrition, vascular access, confusion, behavior problems, skin and wound care, substance abuse, rehab potential, learning problems, home care, and dozens of other issues.

4. **Watch out for Murphy's Law.** It applies much more often than the law of averages. For example, the law of averages tells you that the chances of encountering your patient's relative in the elevator are 100 to 1. Murphy's Law warns you that's exactly who will be standing next to you as soon as you begin a discussion of that patient's dire prognosis.

5. **Fatigue and overwork are endemic.** There's a nursing shortage. There's an allied health personnel shortage. There's money shortage. Many hospital workers hold two jobs or work as much overtime as you do, then go home to care for children or aging parents. Learn to look for the signs of severe fatigue in others, as well as

in yourself, so you can help one another remain watchful of patient safety.

6. *Sarcasm is like acid.* It may clear up a problem when used sparingly, but when applied repeatedly, it corrodes the delicate mechanisms of communication and renders them useless. Moreover, despite what TV sitcoms imply, even the slow-witted can detect sarcasm, and will react accordingly. If sarcastic humor is an important tension reliever for you, recall the behavior of that consummate politician Ronald Reagan: learn to direct such humor at yourself.

7. What you see is what you get. If all you see are the mistakes, stupidity, and slowness of others, your intolerance will create paralysis and slow your work further. If, on the other hand, you see and applaud the heroic effects of others, those same others may one day help, too, become a hero.

8. *You are a guest on this unit.* Considerate guests knock on closed doors, announce themselves before intruding behind a patient's bed curtain, and remember how precious sleep is to sick people.

9. *Dumping begets dumping.* That includes patient problems, personal problems, and system problems. Find the appropriate consultant for each, lest you find yourself hopelessly entangled in more than you can possibly handle.

10. *The Golden Rule always applies.* But remember, it says "do unto others as you would have them do unto you", not "as they do unto you." The rule teaches charity and forgiveness, not retaliation and revenge. Sometimes that just means it's your turn to bring in the morning doughnuts.

Happy July First.

## NEWSLETTER

### Report on the Annual Retreat

The annual retreat was held on the traditional date of Psalms Sunday this year. The Guild's old friend Fr. T Collins S.J. was the retreat master. More than twelve members attended the spiritual activity and spent a good day with our fellow friends and God.

The following are some of the spiritual hints delivered:

#### "Examination of Consciousness"

10 minutes everyday

1. Thank God for the day
2. Ask God for Light
3. Review the past day
4. Ask God for pardon
5. Plan the next day



#### "A Meditation" - by Tony de Mello S.J.

*The events of history were controlled  
for my coming to this world  
no less than for the coming of the Savior.  
The time had to be ripe ...  
the place just right ...  
the circumstances ready ...  
before I could be born.*

God chose the parents of his Son  
and endowed them with the personality they  
needed  
for the Child that would be born.  
I speak to God about the man and woman that  
he chose  
to be my parents ...  
until I see that they had to be  
the kind of human beings they were  
if I was to become  
what God meant me to be.

The Christ child comes, like every other child,  
to give the world a message.  
What message have I come to give? ...  
I seek guidance from the Lord to express it  
in a word ...  
or image...

Christ comes into this world  
to walk a certain path,  
fulfill a certain destiny.  
He consciously fulfilled what had been  
"written" for him.  
As I look back I see in wonder what was  
"written"  
and has thus far been fulfilled  
in my own life ...  
and for each part of that script,  
however small  
I say, "Thanks" ...  
to make it holy with my gratitude.

I look with expectation  
and surrender  
at all that is to come ...  
and, like the Christ,  
I say, "Yes, Let it be done" ...

Finally I recall the song the angels sang  
when Christ was born.  
They sang of the peace and joy  
that give God glory.

Have I ever heard the song the angels sang

## NEWSLETTER

when I was born ? ...

I see with joy what has been done through me  
to make the world a better place ...  
and I join those angels  
in the song they sang  
to celebrate my birth.

## Function Forecast

### 1. Annual Retreat (2nd)

Date: 3-6-95 (Sat.) to 4-6-95 (Sun.)

Time: 4:00 p.m. on Saturday,  
9:00 a.m. on Sunday

Venue: Diocesan Retreat House  
43, Chung Hom Kok Road  
Stanley, Hong Kong

Retreat Master: Rev. Matthew Chan

Theme: "Experience the PAST, Enjoy  
the PRESENT,  
Worry not the FUTURE"

Enquiry: Dr. Caroline Tsang  
Pager : 1128633-1277  
Fax : 24569166

### 2. Annual General Meeting & Dinner

Date : 9-6-95 (Friday)  
Time : 6:00 p.m. Reception  
6:15 p.m. Meeting  
7:00 p.m. Mass  
8:00 p.m. Dinner

Venue : Caritas Restaurant, Caine  
Road, H.K. (Dinner &  
Meeting)  
The Cathedral (Mass)

Speaker: Ms. Anne Decortis  
(Director, Medecins Sans  
Frontieres)

CONGRADULATIONS!



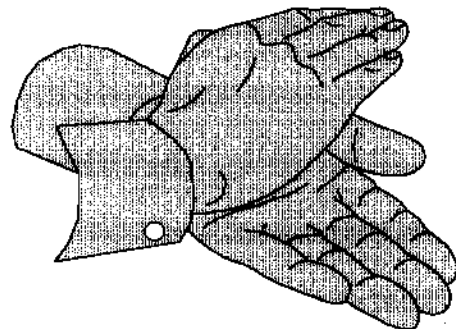
### 3. Graduation Mass

Date : 24-6-95 (Saturday)  
Time : 3:00 p.m. to 6:00 p.m.  
Venue : Catholic Institute for  
Religion & Society  
(At Waterloo Road, next  
to Maryknoll Convent  
School)  
Priest : Rev. John Kwan  
Enquiry: Dr. Paul Ho  
Pager : 1128398-7426  
Office: 27102085  
Home: 26999832  
Fax: 26072013

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The Guild would like to thank the following  
members for their generous donations :

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*Comments and Letters to the Editor are most welcome. Correspondence can be sent to the Chief Editor:*

*Dr. Francis Mok Chun Keung,  
 Department of Geriatric Medicine,  
 Tuen Mun Hospital,  
 Tuen Mun.*