



外展 | 醫院遊戲



醫院遊戲服務 Hospital Play Service

智樂 **playright**



遊戲開創生命機會

研究顯示，遊戲對健康和多種疾病的痊癒都有裨益。一個愉快的心情能提高「自然殺傷細胞」的活性，增強兒童的免疫系統。另外調查亦指出，遊戲亦有效控制腎上腺素及皮質醇等與壓力有關的荷爾蒙。

根據以往的經驗，醫院遊戲不單為病童帶來愉快和親切的感覺，亦能幫助他們面對治療及加速康復。

在甚麼情況下病童需要醫院遊戲服務？

病童在住院期間大都歡迎及享受遊戲的樂趣，遊戲尤其能減低病童對醫療程序產生的恐懼，如打針、抽血、電腦掃描和電療等。遊戲師會運用與醫療程序相關的遊戲，讓病童對醫療程序有更多的了解及作好心理準備。另外，他們亦會設計分散病童注意力的遊戲，以減低他們於醫療程序時的痛楚和焦慮。

當病童因住院或療程而導致情緒問題

醫院遊戲師會利用角色扮演遊戲或其他治療性遊戲，讓病童舒緩情緒，並認識醫療用具的用途，減輕憂慮。

當病童因入住隔離病房或需臥床而限制了社交生活及活動

智樂的互動電視台每月都會安排互動直播節目，令被隔離的病童透過此節目參與及聯繫其他病房的兒童。醫院遊戲師亦會透過遊戲日，讓病童擴闊在醫院內外的社交生活。

當病童因住院時間長而影響其正常認知、社交或身心發展

醫院遊戲師會提供適合的遊戲活動，幫助他們有更好的成長。

另外，當醫護人員及義工想透過認識醫院遊戲幫助更多病童

醫院遊戲師可為他們提供遊戲訓練，增進他們對治療性遊戲的認識，並在日常工作上應用。此外，遊戲師亦會應邀到幼兒／幼稚園進行醫療工作坊，加深學前兒童對醫院的了解，並對住院生活有正面認識。

如有查詢，請致電 2898 2922 與醫院遊戲師聯絡。



醫院遊戲服務

智樂 (Playright) 於1994年率先引進醫院遊戲的概念，成立至今已有超過20萬人受惠。本會所有的醫院遊戲師已接受醫院遊戲的專業訓練，令病童、家長及醫護人員對智樂服務的效用更有信心。

醫院遊戲師主要的工作是為病童設計和提供合適的遊戲，令他們享受遊戲的樂趣，並舒緩恐懼。遊戲師正因明白及了解到不同疾病科的情況，所以更能照顧到急性疾病科或長期病患如腫瘤科、腎科、血科、骨科和傳染科內病童的遊樂需要。

關於智樂

信念

智樂代表兒童的聲音。
我們深信遊戲是開啟兒童潛能的鑰匙，亦是開創未來的動力。

工作

智樂兒童遊樂協會（智樂）成立於1987年，是一所非牟利社會服務機構，透過遊戲讓兒童擁有豐盛的生命。我們鼓勵兒童遊戲，並推動家長、老師、政策制訂者及大眾相信遊戲能照顧兒童成長中的各項關鍵需要。

我們透過「倡導」、「資源」、「外展」、「環境」四個領域的工作，讓香港及亞洲區的兒童開啟潛能，掌握未來。每年受惠的兒童及家庭逾二十五萬人。

鳴謝



香港公益金受惠機構
定期撥款資助瑪嘉烈醫院遊戲服務



A chance at play is a chance at life

Research studies show that play can support good health and help us recover from a number of illnesses. One study demonstrates that happiness enhances the activity of the body's Natural Killer (NK) cells — a major component of the immune system. Others reveal how happiness can reduce the levels of stress related to hormones.

As our long experience has also shown, hospital play is not just a matter of pleasant feelings and warm relationships, but also helps young patients to cope. It is a valuable adjunct to treatment and can hasten recovery.

When do children need our hospital play service?

Nearly all children in hospital welcome and enjoy play, but it can be particularly useful in reducing the fear associated with medical procedures, such as injections, blood taking, CT scan, and radiotherapy. In fact, some of the play activities Playright uses are directly related to such procedures, because careful and sensitive preparation helps children understand what is going to happen. Other play activities are expressly designed to distract children's attention from a painful or feared procedure.

When children have emotional problems arising from hospitalization and medical treatment

Role playing games and therapeutic play can help them cope better as games can allow them handle play medical equipment.

Where social life and activity are restricted, for example, by bed rest or a stay in an isolation ward

Interactive TV Channel (Playright Channel) offers children an interactive live television programme every month. This enables children who would otherwise be almost completely cut off from to take part in games and communicate with children in other wards. Playright's hospital play specialists also organize Play Days to enrich the social life of children in hospital.

When the cognitive, social or emotional development of children is affected by a long stay in hospital

Playright's hospital play specialists provide the right toys or play activities to help them make better progress.

When medical staff and volunteers want to help more child patients by learning hospital play

Playright's hospital play specialists provide medical staff and volunteers with training in play so that they can learn more about therapeutic play and apply what they learn to their daily work. They also accept invitations to take part in medical play workshops in child care centres and kindergartens, so that preschool children can understand hospitals better and have a positive perception of hospitalization.

For enquiries, please call **2898 2922** to contact our hospital play specialists.



Hospital Play Service

Playright pioneered hospital play for Hong Kong in 1994. More than 200,000 children have been benefited from our unique services since then.

As all our hospital play specialists are trained in hospital play, children, parents and attending medical professionals can be sure that Playright's services are always delivered effectively. The main job of hospital play specialists is to design and introduce appropriate play activities to children hospitalized with acute and chronic illness, in order to provide enjoyment and lessen fear. They understand the special needs of children with a wide range of diseases and problems, including cancer, kidney, blood and orthopaedic disorders.

About Playright

What we believe

Playright is the voice of children where they are not fairly or fully represented.

Play unlocks the full potential of our children as individuals, empowering them to secure a better future.

What we do

Playright Children's Play Association (Playright), established in Hong Kong in 1987, is a non-profit making organization that seeks to enrich the life of every child through quality play.

We make a difference in the lives of children by encouraging them to play. We further seek to demonstrate to parents, teachers, policy makers and the public at large that quality play is vital if the full range of the child's developmental and other needs is to be successfully met.

Through action, research and publicity covering four related areas—Advocacy, Play Resources, Play Outreach and Play Environments—we are helping to unlock the full potential of children in Hong Kong and elsewhere in Asia.

Playright now serves more than 250,000 children and their families each year.

Acknowledgement



A Beneficiary of the Community Chest
Regular financial support for play services in Princess Margaret Hospital

你的捐助，可支持我們的醫院遊戲師，令更多病童受惠，為他們營造一個愉快環境，加快他們的痊癒速度。

Your donation will allow Playright's hospital play specialists to help more children in hospital and create a happy environment for them.

捐款表格 Donation Form

- 直接捐款 Direct Bank-in**
存款到「智樂」匯豐銀行戶口HSBC Account No. 559-051347-001
- 劃線支票捐款 Crossed Cheque**
支票抬頭「智樂兒童遊樂協會」A crossed cheque payable to "Playright Children's Play Association"
- 7-ELEVEN 現金捐款 Cash Donation via 7-ELEVEN.**
你可透過全港 7-ELEVEN 以現金捐款予「智樂」(最低捐款額為港幣一百)。請攜同此表格到全港任何一間 7-ELEVEN 捐款，收銀員於完成交易後會發出交易紀錄給捐款者。請保留交易紀錄。

You can make cash donation with minimum amount of HK\$100 to Playright via any 7-ELEVEN in Hong Kong. Please present this form for donation at any 7-ELEVEN in Hong Kong. The cashier will issue a transaction record for you when the transaction is completed. Please keep the transaction record.

捐款條碼 Charity Barcode



* 捐款港幣一百元或以上，可申請免稅
Donations of HK\$100 or above are tax deductible.

捐款者資料 Donor details

姓名 Name _____

電話 Phone _____

電郵 Email _____

地址 Address _____

請填妥捐款者資料，連同銀行入數紙/支票/交易紀錄郵寄至：香港柴灣樂民道3號F座18A室 智樂兒童遊樂協會，以便索取正式收據。

Please mail the Pay-in-slip/crossed cheque/transaction record with donor details send to "Playright Children's Play Association" 18A, Block F, Lok Man Road, Chai Wan

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