

## 健康管理與社會關懷科

### — 醫護學生分享

健康管理與社會關懷  
本地院校相關的課程

#### 醫學

例如：公共衛生、  
醫學、健康科學、  
社區健康

#### 護理

例如：護理學

#### 社會科學

例如：社會工作  
學、社會學、心  
理學

#### 教育

例如：幼兒教育、  
體育及運動科學

#### 香港中文大學 護理學系關同學

我是第一屆新高中課程的畢業生，現正修讀香港中文大學護理學士課程。回想起我在高中階段，選修了健康管理與社會關懷科，這個科目的內容及研習此科的思考模式，均令我受益匪淺。其實，護理學士課程與健康管理與社會關懷科的部份內容相似，我在護理學士課程的筆記中常找到「重要的人」、佛洛伊德的「超我」、「本我」、「自我」等熟悉字詞。這些字詞，我早已在學習健康管理與社會關懷科時接觸過，現在再深入探討，亦比較容易和得心應手。再者，「全人健康」課題的學習令我明白何謂健康，有正確的方向評估病人健康、關愛病人。我相信不論是在理論，或是在思維方面，健康管理與社會關懷科課程對我現時的專業發展都能帶來莫大的幫助。



#### 醫學院譚兆茵同學

修讀健康管理與社會關懷科讓我宏觀地了解到醫療體系的現況，也令我在大學面試時能夠自信地說出我從事醫療體系的熱誠，以及如何為此早作準備。課程中提及生理、心理和社交健康的相互影響使我對未來工作的目標有些改變，例如在改善病人的生理健康的同時，也要盡可能地關顧病人的心理需要，因為往往他們的心理問題就是出現身體毛病的原因。不論是課程內容還是相關的活動都強調對人的關懷，而我深信這能使我學會用心聆聽。這是一種無法在書本中學習，但又極其重要的技能和態度。

(兩位皆是屯門官立中學畢業生)



#### 香港理工大學 護理學系林澤華同學

當我就讀中三時，我和其他同學都面對著中四選科的問題。後來我選修了一個新科目：健康管理與社會關懷科，因為我對課程提及的社會議題、醫療及福利政策等都很有興趣。雖然本科內容相當廣泛，我也曾擔心大學選科的問題，但老師卻鼓勵我應對本科保持積極樂觀的態度，例如：可以考慮以專業護理為理想出路。

我現時於香港理工大學修讀精神科護理學學位課程，由於我在本科曾學習過有關「精神健康」及其相關的課題，對於現時學習有關精神科護理學、社會學、心理學、公共衛生及傳染病的課題時，提供了穩固的基礎，令我更容易掌握課堂的內容，也增強了我在大學課程學習的自信心。

(葵涌蘇浙公學畢業生)



## Nursing Programme of The Hong Kong Polytechnic University —Mak Dui Man

I am studying the Higher Diploma Programme of Nursing in the Hong Kong Polytechnic University. Health Management and Social Care (HMSC) helped me a lot in studying nursing programme. I have studied a subject named Fundamental Concepts of Health and Nursing in my university. I found that some of the topics taught in the lectures were already covered in the HMSC curriculum, such as the concept of health and illness, the healthcare system in Hong Kong, concepts of health promotion, health education, human needs and stress responses. Some of my classmates had difficulties in understanding these concepts but I found them easy, as I have already learnt them in my secondary curriculum. Other than Fundamental Concepts of Health and Nursing, the topics learnt in HMSC have

also helped me in studying other subjects, like Psychology.

Besides, being a nursing student, I need to be aware of the current health issues. I have started reading English newspapers and watching television news since studying HMSC. It helped me have a better understanding on the healthcare issues in local and global contexts. Moreover, through the practice in writing essays on different health and social care issues, I have improved my writing skills.

In conclusion, HMSC has laid a solid foundation for pursuing my study of nursing in university.

(Graduate of Kwok Tak Seng Catholic Secondary School )

## Nursing Programme of Hong Kong Sanatorium & Hospital— Chan Suet Man, Stephanie

I am studying at the nursing school of Hong Kong Sanatorium & Hospital.

HMSC is closely related to my present study. HMSC developed my understanding of different perspectives of health. While studying HMSC, I had the opportunities to explore how the factors affecting our health and well-being at the levels of individual, family, peer groups, the community and the world. Also, I learnt about the physical, intellectual, emotional and social aspects of health and analysed how the different aspects of health were inter-related. Through the study of these topics, my analytical skills have been greatly enhanced.

HMSC also developed my positive attitude towards the ever-changing life events. Being a nurse, we should understand the needs of and the care for people at various

stages of life. Through the learning of this subject, I have recognized the roles of formal and informal caregivers in promoting health and well-being.

In all, the knowledge I acquired in the study of HMSC has helped me in my further study and professional development.

(Graduate of Lam Tai Fai College)

