

營養部

Dietetics Department

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香港浸信會醫院營養部由一隊註冊營養師管理，為我們的專貴顧客提供專業的臨床營養服務，是本院醫療團隊的重要組成部分，旨在以病人為中心的基礎上提供全面的照顧。

根據各顧客的身體需求，營養師聆聽和了解顧客平時可能危害健康的不良飲食習慣。營養師將改良及編制適合顧客日常生活的餐飲配搭。在營養輔導期間，營養師會協助顧客明白如何改變飲食習慣是實踐恢復健康的第一步。目標為專貴顧客編制平衡又多元化的飲食種類，讓他們可享受美食之餘，同時保障健康。

服務範圍

本院的營養團隊為住院及門診的顧客提供營養輔導服務。營養師更舉辦多項病人支援醫療講座，提供實用的飲食秘訣。其中的營養問答遊戲有助顧客輕易地記住健康的飲食資訊，從而成為生活習慣的一部分。鼓勵病人家屬和照顧服務員參加病人支援醫療講座，以增加家庭支持及照顧服務員的信心。

膳食管理

本院的營養輔導服務涵蓋廣泛的領域，包括下列的常見例子。營養師透過改善飲食幫助顧客逐漸恢復健康。

- 糖尿病
- 高血壓
- 產前產後膳食
- 異常血脂水平
- 腎病
- 嬰兒轉固體食物
- 痛風
- 食物過敏
- 健康素食
- 胃管餵飼
- 中風
- 腸道問題
- 營養支援
- 食物狀態改善
- 孕婦膳食



食物金字塔
作為實現良好健康的學習指南



穀類 蔬菜和瓜類 生果 奶類 肉和豆類
脂肪、油、鹽和糖類

營養輔導套餐

營養輔導套餐是專為患有健康問題而需透過逐步改變飲食習慣的顧客而設，以達致穩定的健康狀態，並保持及平衡每日身體所需的能量和營養。

- 體重管理
- 腫瘤科營養輔導
- 代謝綜合症營養輔導

有關詳情，請致電營養部。

預先準備的文件

- 您的最近期化驗報告
- 您的醫生轉介信
- 您的平日飲食記錄

有關事宜

- 估計諮詢時間：20-45分鐘
- 營養師採用飲食改變策略，而不是僅僅給您飲食餐單
- 提供飲食查詢熱線
- 建議積極和有建設性的飲食指引

服務時間 (敬請預約)

星期一至五 上午8時45分至下午6時
星期六 上午9時至下午1時
星期日及公眾假期休息



香港浸信會醫院
Hong Kong Baptist Hospital

營養部

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Dietetics Department

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Dietetics Department

■ Hong Kong Baptist Hospital's Dietetics Department is managed by a team of registered dietitians to provide professional clinical nutrition services to our customers. It is a vital part of the Hospital's multidisciplinary team and aiming to deliver holistic care in a patient-centred basis.

According to our customers' medical needs, dietitians listen and understand their usual eating habit and pattern which may cause harm to their health. Information will be used to tailored-made individual and package dietetics counseling sessions. Our customers will understand and learn how diet modification helps them regain health as well as enjoying fruitful life.

Scope of Services

■ Our Dietetics team provide services to customers during hospitalization and at Out-Patient Clinic. We also participate in various patient support groups to deliver nutrition talks with useful and achievable dietary tips. Nutrition games help you to memorize dietary advice. Family members and carers are encouraged to join and customers gain more family support for prompt recovery.

Dietary Management

■ Our Dietetics Department covers a wide range of clinical nutrition areas. The following table may show some common examples to elaborate how dietitians can help you to regain health.

- | | | |
|-------------------------|------------------------|--------------------|
| • Diabetes | • Hypertension | • Pre & post natal |
| • Abnormal lipid levels | • Kidney disease | • Weaning |
| • Gout | • Food allergy | • Vegetarian diet |
| • Tube Feeding | • Stroke | • Gut problems |
| • Nutrition support | • Texture modification | • Pregnancy |



Food Pyramid

Treat Food Pyramid as a learning guide towards good health



Dietetics Counselling Packages

Packages are designed for customers who suffer from medical problems which require continuous and gradual change to achieve stable condition and maintain good health with balanced diet.

- Weight Management
- Oncology Dietetics Counselling
- Metabolic Syndrome Dietetics Counselling

For details, please contact Dietetics Department.

Preparation and information you may want to know before coming to see a dietitian

- Bring your recent laboratory report(s)
- Bring your doctor referral document
- Bring your usual diet information
- Estimated counseling time: 20 – 45 mins
- Apply diet modification strategy instead of just giving you diet sheet
- Hotline available for enquiries of dietary advice given
- Positive and constructive dietary advice will be given to fit your daily life pattern

Service Hours (By appointment only)

Monday - Friday 8:45am – 6:00pm
Saturday 9:00am – 1:00pm
Closed on Sunday and Public Holidays



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