

MHSM Students Embark on Chinese Medicine Field Visit

5 December 2019

The field trip was part of the course activity of Chinese Medicine in Health & Social Services (MHM508, 2019/20). One lecture in the course focused on a) Hong Kong medical system and the relationship with Traditional Chinese Medicine (TCM) and b) TCM and social services in Hong Kong. Three representative NGOs with a long history of medical social services in Hong Kong were introduced to the students. These NGOs included: 1) Tung Wah Group of Hospitals (TWGHs), 2) Pok Oi Hospital and 3) Yan Oi Tong. TWGHs is one the oldest and has solid TCM background in medical services.

On December 5, 2019, 6 students of the class joined a field trip to learn about the origins and state of TCM in Hong Kong and its contribution to the health system. The lecturer introduced the students to the early history of Hong Kong with the landmark "Possession Street" where the British soldiers first landed the Colony in the early 1800s. Then they proceeded to the TCM outpatient clinics of TWGHs in Sheung Wan. The scopes of services provided by these clinics were briefly introduced to the students. The students were subsequently introduced to two famous streets where many herbal stores and food ingredients shops (海味店) in Hong Kong are found. They were: 永樂街, 文咸西街. Finally, the students visited a famous herbal medicine wholesale store called Lung Kee Wing Yuen Cheong (龍記永源昌) where they witnessed over a hundred types of herbal medicine and how to differentiate the good to the bad ones.



Overall, the students found this field trip an eye-opening one and gained more understanding of the history and present status of TCM in Hong Kong as some of them shared below:

Shirlia Lai Kwan Fan, MHSM Student, 2019/2020

“During the visit, people (insiders) shared the knowledge that related to the Chinese Medicine (CM) field visit business which would not be shared in a general situation /or could not be learnt in class. The visit widened my views and provided a chance for me to know about the network of CM. This practical experience will help me to get more understanding of CM.”



Jingwen Zhu, Eileen, MHSM Student 2019/2020

“During the visit, I learned what I could not learn in class. It opened my eyes because I learned about the history and culture of Hong Kong, visited the first hospital in Hong Kong and went to the traditional Chinese medicine store. It helped me to better understand the culture of traditional Chinese medicine.”

Yudong Wei, Victor, MHSM Student 2019/2020

“This was an interesting and valuable visit. Professor Leung was a warm and patient tour guide. Along the way, he explained to us the history and use of every street and every eye-catching building nearby and introduced a lot of the cultures and customs of Hong Kong. We first visited Tung Wah Hospital, a traditional Chinese medicine hospital with a long history in Hong Kong. We observed the departments of the hospital and their operation. Then we visited a traditional Chinese medicine store. The boss entertained us warmly, explained to us the properties of traditional Chinese medicine such as pilose antler and abalone, showed us around the warehouse and invited us to taste traditional Chinese medicine food for free. Through this meaningful visit, I learned a lot of knowledge that I could not learn in class and books and had a close experience of Hong Kong's unique traditional Chinese medicine culture, which further stimulated my interest in traditional Chinese medicine.”