



# 醫療提示及賽前自我風險評估

## Medical Tips & Pre-participation Examination (PPE) Recommendation

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# Medical Support in OTW

## 醫療支援

- 九龍中醫院聯網於沿途11個檢查站為參加者提供急救及緊急醫療輔助。
- Kowloon Central Cluster voluntary medical support team providing first aid and emergency medical treatment at each of the 11 checkpoints



# Remember!

## 請注意

- do remember that no massage and taping would be provided in the medical tents
- 醫療站不提供按摩及貼紮治療
- It is always better to **prevent than to cure**  
Adequate preparation and training are essential
- 充分準備及足夠訓練



# Part 1

## 賽前自我風險評估 Pre-participation Examination (PPE) Recommendation



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# 賽前自我風險評估

1. 進行運動時曾感到胸口痛
2. 曾在無原故下暈眩 / 或差點暈眩
3. 曾因運動引起呼吸困難或過度疲勞
4. 曾確診有心雜音
5. 家族史中曾有親人在 50 歲前因心臟病 而死亡  
或家族史中有遺傳性歲前因心臟病
6. 曾患有心臟病、中風或周邊動脈阻塞
7. 曾患有糖尿病、高血壓膽固醇及吸煙等冠心病  
風險因素
8. 45 歲以上的男士及 55 歲以上的女士

# Pre-participation Assessment

1. Chest pain/discomfort on exercise
2. Unexplained fainting/near-fainting
3. Excessive breathlessness /fatigue, associated with exercise
4. Prior recognition of a heart murmur
5. Family history of premature death (before age 50 years) due to heart disease or family history of inheritable heart disease.
6. History of heart disease, stroke or peripheral artery disease
7. Major coronary risk factors including Diabetes, Smoking, Hypertension and high lipid level
8. Men over 45 or women over 55



**HKASMSS's Position Statement on PPE in Marathon**

**If you have the above symptoms or  
related issues**

**如有以上其中一項的風險**

- Consult your doctor for further evaluation
- 建議轉介到家庭醫生作進一步評估



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## Part 2

# 醫療提示 Medical Tips



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# Common medical problems

## 常見的醫療問題



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# 水泡 Foot Blisters



# 水泡

1. 大會醫療人員一般都不會處理細小的水泡
2. 會處理及包紮體積較大或會引起問題的水泡。包紮只能減輕痛楚
3. 如傷口在途中出現滲水或膠布脫落，傷者可到救護站再作處理
4. 選擇最適合自己的方法，以防止水泡形成



# Foot blisters

1. leave the small blisters intact if they don't cause problem
2. drain the blisters if they are big and causing problems, then dressing will be applied
3. Once the damage is done, and the dressing provides relief only
4. You might need to change the dressing if it becomes soaked or detached
5. Always make sure your shoes fit well way before the event. Never wear new shoes for the event



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# 膝痛 Knee pain



髂脛束綜合症  
Iliotibial band syndrome

# 膝痛

- 過度勞損或扭傷均會引致膝痛
- 醫療人員將於救護站為傷者提供口服止痛藥及止痛藥膏
- 包紮紓緩痛楚
- 如膝痛情況嚴重，傷者或須考慮退出
- **RICE**（休息、冰敷、包扎和抬高）是初步的治療



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# Knee pain

- caused by either overuse or sprain injury
- analgesic balm and oral analgesia provided at the medical tent
- Provide elastic bandage to support the knee
- If the symptoms are severe, you may be advised to quit
- RICE (rest, ice, compression, elevation) is the initial treatment



# 過度疲勞 Exhaustion





# 過度疲勞

- 指身體及/或精神上過度疲勞
- 參加者應於訓練期間作好充份預備，以應付比賽期間所遇到的各式挑戰
- 天氣變化會為身體帶來影響，例如日間時會炎熱及潮濕，而晚間則較為寒冷及大風
- 合適的裝備及飲食可幫助身體適應



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# Exhaustion

- Exhaustion can be physical and/or mental
- Preparing yourself in different conditions during your training will facilitate you to overcome the difficulties during the event.
- The weather variation can have adverse effects on your body
- **Appropriate clothing and dietary support will help to reduce those effects on your body**



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# 抽筋 Muscle cramp



# 抽筋

- 醫療界對抽筋原因尚未完全了解
- 缺鈉鹽曾經被視為引致抽筋的原因，但現已證實不正確
- 大會醫療人員不建議參加者食用鈉鹽餅，因為鈉鹽餅或會引致腸胃不適及嘔吐
- 休息、補充足夠水份及肌肉伸展均可舒緩抽筋



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# Muscle cramp

- The cause is not fully understood yet
- Muscle cramp is not caused by Sodium depletion, which was once thought to be the reason. Because salt tablets may cause stomach irritation and vomiting, we do not recommended them
- **Rest, adequate fluid replacement and muscle stretching can provide relief and facilitate the continuation of the event**



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# Treatment for Muscle Cramps



CSMIG 2007





# 休克 Fainting



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# 休克

- 很多原因可引致休克
- 而脫水是主要原因之一。請謹記於活動期間補充足夠水份，以防出現脫水現象。
- 大會建議參加者到達終點時不要飲用任何含酒精成份的飲料，因為曾有參加者於終點飲用酒精飲品，引致血壓急降而休克
- 其他醫療問題



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# Fainting

- There are many causes but **dehydration** is a major one
- Make sure you are adequately hydrated throughout the event
- **Alcohol** is not recommended-There were incidents of walkers fainting after consuming alcohol after they have finished the event. This is due to a combination of dehydration and vasodilatation which are effects of the alcohol, and which cause a sudden drop of blood pressure. Drinking sufficient amount of water is better for you
- Other medical conditions



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# A safe and happy walk

## 做好準備，享受挑戰



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Thank you