



九龍中醫院聯網
Kowloon Central Cluster



醫療提示及活動前自我風險評估

Medical Tips & Pre-participation Examination (PPE) Recommendation

九龍中醫院聯網
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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





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Remember!

請注意



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



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Part 1



活動前自我風險評估

Pre-participation Examination (PPE) Recommendation

活動前自我風險評估(cardiac risk)

Pre-participation (cardiac risk) Assessment

1. 進行運動時曾感到胸口痛

Chest pain/discomfort on exercise

2. 曾在無原故下暈眩 / 或差點暈眩

Unexplained fainting/near-fainting

3. 曾因運動引起呼吸困難或過度疲勞

Excessive breathlessness /fatigue, associated with exercise



活動前自我風險評估(cardiac risk)

Pre-participation (cardiac risk) Assessment

4. 曾確診有心雜音

Prior recognition of a heart murmur

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

Family history of premature death (before age 50 years) due to heart disease or family history of inheritable heart disease.



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HKASMSS's Position Statement on PPE in Marathon
香港運動醫學及科學學會



活動前自我風險評估(cardiac risk)

Pre-participation (cardiac risk) Assessment

6. 曾患有心臟病、中風或周邊動脈阻塞

History of heart disease, stroke or peripheral artery disease

7. 曾患有糖尿病、高血壓膽固醇及吸煙等冠心病風險因素

Major coronary risk factors including Diabetes, Smoking, Hypertension and high lipid level



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活動前自我風險評估(cardiac risk)

Pre-participation (cardiac risk) Assessment

8. 45 歲以上的男士及 55 歲以上的女士
Men over 45 or women over 55



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如有以上其中一項的風險

If you have the above symptoms or related issues

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



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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



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水泡 Foot Blisters

1. 大會醫療人員一般都不會處理細小的水泡

Leave the small blisters intact if they don't cause problem

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

Drain the blisters if they are big or causing problems, then dressing will be applied. Once the skin is damaged, the dressing only provides relief





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水泡 Foot blisters

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

You might need to change the dressing if it becomes soaked or detached

4. 擇選最適合自己的方法，以防止水泡形成。選擇合適的鞋款，不可使用全新的鞋參加

Choose your own method to prevent blister. Always make sure your shoes fit well way before the event. Never wear new shoes for the event



Blisters from taping

貼紮引致的水泡





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膝痛 Knee pain

- 過度勞損或扭傷均會引致膝痛
Caused by either overuse or injury
- 醫療人員將於救護站為傷者提供口服止痛藥及止痛藥膏
Analgesic balm and oral analgesia provided at the medical tent



膝痛 Knee pain

髂脛束綜合症
Iliotibial band syndrome



膝痛 Knee pain

- 包紮紓緩痛楚

Provide elastic bandage to support the knee

- 如膝痛情況嚴重，傷者或須考慮退出

If the symptoms are severe, you may be advised to quit

- RICE（休息、冰敷、包紮和抬高）是初步的治療
(rest, ice, compression, elevation) is the initial treatment



過度疲勞 Exhaustion



過度疲勞 Exhaustion

- 指身體及/或精神上過度疲勞

Exhaustion can be physical and/or mental

- 參加者應於訓練期間作好充份預備，以應付活動期間所遇到的各式挑戰

Preparing yourself in different conditions during your training will facilitate you to overcome the difficulties during the event.



過度疲勞 Exhaustion

- 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

The weather variation can have adverse effects on your body

- 合適的裝備及飲食可幫助身體適應

Appropriate clothing and dietary support will help to reduce those effects on your body



抽筋 Muscle cramp



抽筋 Muscle cramp

- 醫療界對抽筋原因尚未完全了解

The cause is not fully understood yet

- 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

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 recommend them



抽筋 Muscle cramp

- 休息、補充足夠水份及肌肉伸展均可舒緩抽筋

Rest, adequate fluid replacement and muscle stretching can provide relief and facilitate the continuation of the event



Treatment for Muscle Cramps



休克 Fainting



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休克 Fainting

- 很多原因可引致休克

Many factors contribute to Fainting

- 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。

There are many causes but **dehydration** is a major one. Make sure you are adequately hydrated throughout the event



休克 Fainting

- 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

Alcohol is not recommended-There were incidents of walkers fainted after consuming alcohol when they 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

- 其他醫療問題 Other medical conditions



天氣溫度引致的問題

Temperature related problems



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天氣溫度引致的問題

Temperature related problems

- 天氣過熱可引致熱衰竭，甚至中暑
Too hot will cause heat exhaustion, even heat stroke
- 天氣過冷可引致低溫症
Too cold will cause hypothermia
- 天氣可迅速改變，早上和晚上溫差可以很大
Weather can change quickly. Temperature varies greatly from early morning to midday sun



天氣溫度引致的問題

Temperature related problems

- 選擇合適的衣服
Appropriate clothing
- 有足夠的飲料及合適的食物
Adequate fluid and appropriate diet
- 留意最新的天氣資訊
Check update weather and temperature charts



天氣溫度引致的問題

Temperature related problems

- 如有不適，應在安全的環境下休息
Rest in a safe environment when feeling unwell
- 如出現低溫症，應用乾暖的衣服及熱飲以作取暖
Dry warm clothing and hot drinks for “cold illness”
- 如出現熱疾病，應脫下衣服並盡快降溫
Remove clothing and cool down asap in “hot illness”



天氣溫度引致的問題

Temperature related problems



A safe and happy walk

做好準備，享受挑戰



如有任何疑問，請電郵至：
otwinfo@oxfam.org.hk



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Thank you

謝謝