

## **Cataract Surgical Service Trip (March 2019): Reflections**

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Cataract, one of the most common ophthalmic diseases seen in the elderly population, hinders patients' vision and constitutes great inconvenience to them and their families. I am very honoured to participate in this Cataract Surgical Service Trip and contribute to this meaningful event which offers free cataract surgery to the underprivileged and help them regain their sight.

As a medical student, I mainly helped with the pre-operation procedures, including measuring blood pressure and intraocular pressure, slit lamp, ocular ultrasound, and so on. Given the chilly weather on the first day and the long-distance travel they had to go to the hospital, we could imagine how much they endured and hence the importance of the operation to them. While the surgery might only take around 20 minutes, it changed the lives of the elderly, especially for those who sat in a wheelchair or had lost their hearing and speaking abilities. Therefore, we tried our best to maintain the speed and smoothness of the process so that suitable patients could get admitted to the hospital as soon as possible.

Also remarkable were the doctors, nurses and other volunteers who had joined this charitable event for many times, sacrificing their holidays and some even travelling from elsewhere, in hopes of helping hundreds of elderly recover their sight. Under their patient guidance and coordination, I could both assist in the pre-operation procedures and observed the cataract surgery in the operating theatre.

Last but not least, I would like to express my heartfelt gratitude to the Green Action Charity Foundation, Medical Outreachers and other charitable organisations for their great contributions to this cataract surgical service trip. It was indeed a once-in-a-lifetime and 'eye-opening' experience which was conducive to my development of empathy and team spirit as well as my passion for medicine.

白內障是一種長者中常見的眼科疾病，令患者視力下降，亦對他們及其家人構成莫大不便。我很榮幸能參與這次白內障手術服務團隊，貢獻一己之力，幫助草根階層的白內障患者重見光明。

作為醫學生，我主要參與術前預備工作，包括量血壓和眼壓、裂隙燈、眼球超聲波等。服務首天天氣寒冷，住在農村的長者更要長途跋涉前往醫院，從中可見手術對他們舉足輕重。雖然白內障手術只需約 20 分鐘，但是卻改變了長者——尤其是殘疾或聾啞人士的生活。因此，我們都竭盡所能，務求令術前工作更快、更順暢，讓病人能儘快入院接受治療。

當中有不少醫生、護士和義工都是多年來一直參與這項服務，付出自己的假期外，有些更要從遠方到梅縣，只為了幫助長者恢復視力。我很感激他們耐心的指引，使我能參與術前工作，更可到手術室觀看白內障手術。

最後，我希望向力行植林慈善基金會、醫心及一眾慈善團體，致以萬二分謝意，正是所有人的傾力支持和合作，才令這次服務順利完成，也推動我繼續一往無前，在學醫和將來行醫之路上，燃燒自己、照亮別人。