

# 香港 精神科服務

## Brief History of 簡史 Psychiatric Service in Hong Kong



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## Before 1875 以前

香港早年並無安置精神病人之機構。

Before 1875, there was no government institution existed in Hong Kong for the mentally ill.



外籍精神失常者被禁錮於奧卑利街之域多利監房以待遣返本國。

European lunatics were confined to the Victoria Gaol in Old Bailey Street before they were returned to their own countries.



華籍精神失常者則囚禁於東華醫院瘋人房的暗室中。狂暴者更鎖以鐵鍊。

The Chinese lunatics were admitted to Tung Wah Hospital after its opening in 1870. Tung Wah Hospital had special insanity ward with special restraining clothes, where they were confined in dark and dreary cells and were chained up like wild beasts if violent.

## 1875

第一座臨時瘋人院設於荷李活道已婚警察宿舍現址一間破屋內。約在一八八零年遷往醫院道國家醫院所在地。

The first temporary lunatic asylum was opened in 1875 in a ruinous building at the present site of the Hollywood Road Police Married Quarters. Around 1880, it was relocated to a site of the later Government Civil Hospital on the Hospital Road.

## 1884

歐籍瘋房於一八八四年建於般咸道戴麟趾康復中心現址。

The European Lunatic Asylum was opened in 1884 on the Bonham Road at the present site of the David Trench Rehabilitation Centre.



## 1891

首間為華人而設的瘋房於一八九一年建於東邊街美沙爾診所現址。

The Chinese Lunatic Asylum was opened in 1891 at a lower site (currently the Eastern Street Methadone Clinic) to accommodate Chinese mental patients.

## 1906

香港立法局於一九零六年通過首項有關設立瘋房、羈留及照料精神失常人士之法例。兩間瘋房亦合併為一，成為後來之域多利精神病院。

The Asylum Ordinance, 1906 was passed by the Legislative Council. It was the Hong Kong's first ordinance to provide for the establishment of lunatic asylums for the detention, custody and care of persons of unsound mind. The two lunatic asylums were united into one entity which later became the Victoria Mental Hospital.



## 1938

精神病院附屬於國家醫院。至一九三七年瑪麗醫院開幕後開始獨立。而國家醫院位於東邊街與高街交界之護士宿舍亦撥作精神病院之C座女病房，以舒緩擠迫情況。

一九三八年，精神病院提供共八十四張床位（二十六男、二十六女及三十二混合）。由一位非全職外籍主治醫生，一位非全職華籍醫生聯合其他全職護士，男女傭工及苦力提供服務。

一直以來精神病院只作羈留精神失常人士之用。外籍病者會安排返回本國。由內地來的病者則會用船送返芳村之惠愛醫院（今廣州市立精神病院）治療，此舉至一九四九年後停止。

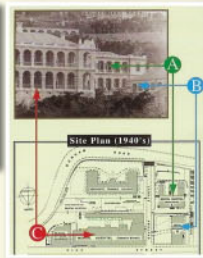
The Mental Hospital was an annex to the Government Civil Hospital. Only after the opening of Queen Mary Hospital in 1937 did she become independent. The nurse quarters of the Government Civil Hospital at the corner of High Street and Eastern Street was included as the female ward (Block C) of the Mental Hospital to relieve the overcrowding.

In 1938, the Mental Hospital had 84 beds (26 male, 26 female and 32 mixed). Service was provided by a part-time European Medical Officer-in-charge, a part-time Chinese Medical Officer, one Head Male Attendant, one Assistant Male Attendant, three Mental Nurses, three Dressers and a group of 23 Amahs, Ward-boys, labourers and Coolies.

All along, the Mental Hospital only served as an asylum for the lunatics. European lunatics were transferred back to their home countries. Lunatics from China were sent back to the John Kerr Refuge for the Insane (now the Canton Municipal Mental Hospital) in Fong Tsuen, Canton, by boat for management whenever the Mental Hospital became too crowded. However this practice came to a halt after 1949.



惠愛醫院創辦人  
嘉·約翰  
Founder of John Kerr  
Refuge for the Insane,  
John Kerr



## 1948

一位受訓於劍橋之精神科醫生葉寶明受聘成為精神病院院長。他引進了現代精神病的概念及療法來開拓本院精神健康服務。一九七一年，他更成為香港大學首位精神科教授。



葉寶明醫生  
Dr. Yap Pao-Meng

Dr. Yap Pao-Meng, a psychiatrist with training in Cambridge, became head and superintendent of the Mental Hospital. He brought along his modern concepts and treatments for mental illness and subsequently built up the Mental Health Services. He later became the first Professor of Psychiatry at the University of Hong Kong in 1971.

## 1957

精神病院服務在治療設施及醫護人才上大力開展。一九四九年首位合資格的精神科護士波特先生獲委任為男護士長，而首位女精神科護士葛萊妮女士則於一九五五年到任並晉升為女護士長。一九五七年在精神病院服務的，除了葉醫生外，還有精神科專業資歷的星架醫生和吳達偉醫生，及第一位精神科女醫生劉曼華。

職業治療及醫務社工服務均極為重要，為病人提供復康及繼續服務。病友可參與院外之康樂社交活動。精神病院亦會舉辦周年手工藝展銷會。

提供治療精神病的各種療法，包括：藥物、胰島素治療、腦電濺治療、高熱治療、腦前葉手術及小組心理治療等。

胰島素昏迷治療在五十年代常用作治療精神分裂症。做法是逐漸提高胰島素注射份量以達致昏迷，再以葡萄糖中止。改良胰島素治療則應用於精神官能症。

高熱治療是對患有梅毒入腦之病人，多次以靜脈注射傷寒及副傷寒引發高熱，以消滅腦脊髓內之梅毒菌，繼以暖海綿或冰墊降溫。至六十年代隨著抗生素之進步而被取締。

腦前葉截斷術是用以控制個別病況嚴重之精神分裂症、慢性抑鬱症及強迫症的腦外科手術。香港在五十年代採用眼窩盲目手術之手法亦有致死及嚴重後遺症。

一九五四年全球第一隻抗精神病藥氯丙嗪引入香港用以鎮靜激烈之病人。一九五九年引入第一隻抗抑鬱劑作治療抑鬱症及試用其他抗精神病藥。一九六二年Haloperidol被引入以治療亢奮病人。一九六三年引入鎮靜劑及三環抗抑鬱劑。香港在治療方面算是緊貼世界先進精神科足跡。腦前葉截斷術最後一例於一九六零年十月進行，一九六五年胰島素治療亦全面被藥物所取代。

The Mental Hospital Service was then developed in the aspects of treatment facilities, medical and nursing personnel. The first qualified psychiatric nurse, Mr. R.E. Porter was recruited as the Chief Male Nurse in 1949. Miss K.C. Gallagher was the first qualified female psychiatric nurse arriving in 1955 and later became

Matron. By 1957, medical personnel working for the Mental Hospital Service included Dr. Yap, Dr. Karam Singer and Dr. George Ou, with specialist qualifications in Psychiatry and Dr. Stella Liu, the first female psychiatrist.

Occupational therapy and almoner services were also important in providing rehabilitation and aftercare services. Patients would go out on recreational and social activities. Annual crafts exhibition and sale were held in the Mental Hospital.

All physical, biological and psychological treatment available were used in treating mental illness, including drug treatment, insulin shock therapy, electro-convulsive therapy, fever therapy, leucotomy and group psychotherapy.

Insulin Coma Therapy was commonly used in treating schizophrenia in the 1950s by increasing doses of insulin until coma developed and then interrupted by giving glucose. Modified insulin therapy was used for certain neurotic disorders.

Fever Therapy was carried out by giving divided doses of Typhoid/Paratyphoid intravenously to produce high fever to neurosyphilis patients suffering from general paresis of insane to kill the Treponema pallidum in the Central Nervous System. Tepid sponge or ice pad were used to control the temperature. It became obsolete with advances in antibiotics in the early 60s.

Prefrontal leucotomy was a neurosurgical operation to cut through the white fibres in the frontal lobe for the treatment for selected cases of schizophrenia, chronic depression and obsessive compulsive disorders. The transorbital approach employed in Hong Kong in the 50s was a blind technique and was not without toll and significant side effects.

The first neuroleptic chlorpromazine was introduced to Hong Kong in 1954 for controlling disturbed patients. Monoamine-oxidase inhibitors became available for the treatment of depressive states in 1959 along with several neuroleptics on trial including trifluoperazine. Haloperidol was used for treating mania in 1962. Valium and amitriptyline were introduced in 1963. Hong Kong was in close steps with the new advances in psychiatry elsewhere. Leucotomy was not in use since October 1960 and with insulin coma therapy it was replaced by psychotropic drugs in 1965.





## 1961

青山醫院在一九六一年三月二十七日由港督柏立基爵士正式主持開幕典禮。完善之設備及優美的環境，標誌著本港現代精神科服務之建立。舊院則用作門診及日間醫院至一九七一年。

青山戒毒診療中心為根據一九六零年戒毒診療康復法例而自願接受戒毒之男性吸毒者提供服務。戒毒者先在香港精神科診所註冊，並接受醫務社工及醫生評估，再安排入院作最長六個月的脫癮及復康。他們會繼續在診所接受跟進服務。

自一九六三年四月起，病人在青山醫院首月後即轉往香港戒毒會之石鼓洲中心繼續接受復康治療。一九六四年後以口服美沙酮代替注射進行脫癮。一九六五年十一月戒毒診療中心正式遷往石鼓洲。

早期精神科護士服務倚重外援及派遣註冊護士到外國受訓。青山醫院開院初期即從英國聘請了十八位男護士管理病房。

一九五九年十二月夏應生先生在青山醫院創立了第一間精神科護士學校，並自行培訓精神科護士，護理資歷更獲英國及威爾斯護士管理局認可。

一九七六年二月在瑪嘉烈醫院內成立第二間精神科護士學校。青山醫院新建之護士學校則在一九八八年六月三十日正式開幕。



一九六一年三月二十七日由港督柏立基爵士主持青山醫院開幕典禮  
Castle Peak Hospital was officially opened on 27 March 1961 by the Governor Sir Robert Black



由左至右：波特先生，一九四九年任男護士長；馮達仁先生及吳廣華先生，自兩位本地培訓之精神科護士；夏應生先生，香港首位精神科護士教師，其後亦是第一位總監全院的護士長。  
From left to right: Mr. R.E. Porter, the Chief Male Nurse since 1949; the first 2 locally trained psychiatric nurses Mr. Byron Cheung, Mr. Allen Ng, Mr. William Har, the first psychiatric nurse tutor and later the first senior nursing officer in charge of the whole hospital.



Castle Peak Hospital was officially opened on 27 March 1961 by the Governor Sir Robert Black. This marked the establishment of modern psychiatric services in Hong Kong. The old Mental Hospital was used as an out-patient clinic and day hospital until 1971.

Castle Peak Drug Addiction Treatment Centre was opened to provide voluntary detoxification treatment for male drug addicts under the Drug Addicts Treatment and Rehabilitation Ordinance 1960. Patients were registered and assessed by almoner and doctor at the Drug Addiction Treatment Clinic at the Hong Kong Psychiatric Centre. They were then admitted to the Centre for detoxification and rehabilitation for up to six months and subsequently followed up in the Clinic for further support.

From April 1963 onwards, patients were only retained in Castle Peak Hospital for the first month and transferred to Shek Kwu Chau Centre operated by the Society for the Aid and Rehabilitation of Drug Addicts for a further five-month rehabilitation. Oral administration of methadone was introduced in 1964 to replace the injection form in the withdrawal treatment. In November 1965, the addiction treatment centre was transferred to Shek Kwu Chau.

The developing psychiatric nursing service in the 50s relied heavily on expatriates and sending registered nurses for training abroad. 18 expatriate male charge nurses were recruited from UK to staff the wards of CPH at its opening.

School of Psychiatric Nursing in Castle Peak Hospital was established in December 1959 by Mr. William Har to train psychiatric nurses locally. The qualification was fully recognised by the General Nursing Council of England and Wales.

A second school of psychiatric nursing was opened in February 1976 in the premises of Princess Margaret Hospital. A newly built nursing school was officially opened in Castle Peak Hospital on 30 June 1988.

## 1966

青山醫院原先設計是提供一千張病床，但在一九六六年病床數目已增至一千一百一十九張。在一九六七年，青山醫院再興建兩座病房大樓(即十一、十二、K和L病房)，病床數目增至一千二百四十二張。

到一九八五年青山醫院的病床數目已達一千九百三十五張，而醫院並沒有增加病房的空間。在一九八八年，青山醫院最擠逼時，共有二千三百三十七名住院精神病患者。

其後四十年，精神科服務在各層面上不斷發展，以應付社會改變所帶來的需要與期望。

方向一，在各區增設多間門診、日間醫院及住院服務，包括一九六七年之油麻地精神科中心、一九七一年之九龍醫院精神科和一九七四年為長期慢性病人建立之荔枝角醫院。

方向二，隨著培訓及服務的需要，精神科分科積極發展，如設立法醫精神科、諮詢會診服務、兒童精神科和老人精神科等。

方向三，適向社區發展。更多資源投入復康、重返社區及社區支援服務之中。復康精神科亦設立復康病房、離院預備組和病友社交小組，更通過離院預備組與社區復康伙伴作緊密合作。一九八二年精神科社康護理服務展開。在一九八四年開始精神科電話熱線先導計劃。隨後社區精神科團隊成立以應付社區緊急事故。此外，推動公民精神健康教育及預早防治乃精神科服務重要一環。



Castle Peak Hospital was originally designed for 1,000 beds. However, the number of beds was increased to 1,119 in 1966. Two new blocks were built in 1967 (Ward 11, Ward 12, Ward K and Ward L). The bed number was later increased to 1,242.

The number of patients of Castle Peak Hospital reached a maximum of 1,935 in 1985 without actual increase in physical space. There were 2,337 in-patients in 1988 when over-crowding was at its peak.

Mental health services developed in the next 40 years in various dimensions to cope with society's changing needs and expectation.

Firstly there was gradual development of more out-patient, day-patient and in-patient services in different regions as marked by the opening of Yaumatei Psychiatric Centre in 1967; Kowloon Hospital Psychiatric Unit in 1971 and Lai Chi Kok Hospital for the long-stay chronic patients in 1974.

The second dimension was the development of various subspecialties such as forensic psychiatry, consultation-liaison psychiatry, child psychiatry, geriatric psychiatry, etc., to cater for training and service needs.

The third dimension was the development towards community. More resources were put into rehabilitation, community reintegration and support to the community. Rehabilitation psychiatry which started with the establishment of rehabilitation wards, hospital pre-discharge unit, patients social club, and intimate collaboration with community rehabilitation partners through the Community Work Aftercare Unit. Community psychiatric nursing service was established since April 1982. A 24-hour hotline service was piloted in 1984. Community psychiatric teams were later set up to cater for community crises. Public mental health education became an integral part of mental health services for early detection and management of mental problems as well as promotion of better mental health.



## 1981

第二間刊憲的精神科醫院葵涌醫院終於落成，以舒緩一直獨力支撐而已擠迫不堪的青山醫院。

A second gazetted mental hospital, Kwai Chung Hospital was opened to relieve the over-crowdedness in Castle Peak Hospital which was hitherto the only gazetted mental hospital in Hong Kong.

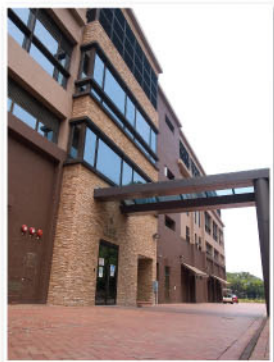
## 1991

醫院管理局於一九九一年成立後，精神科服務根據聯網重組，以提供社區為本之服務。一九九四年東區尤德夫人那打素醫院提供了第三個刊憲精神科住院服務。

一九九二年，香港賽馬會慈善信託基金慷慨撥款五億圓作重建青山醫院第一期的經費並於一九九六年竣工。

After the Hospital Authority was established in 1991, mental health services were reorganised and clustered to provide a more community-based service. A third gazetted mental in-patient service was made available in Pamela Youde Nethersole Eastern Hospital in 1994.

In 1992, the Hong Kong Jockey Club Charities Trust generously donated \$500 million for Phase I redevelopment of Castle Peak Hospital which was completed in 1996.



## 今日青山 Castle Peak Hospital TODAY

一九九八年，香港政府批出十四億七千多萬撥款支持青山醫院第二期重建計劃。重建工程於二零零六年完成，青山醫院現為一所具現代設備的精神科治療中心，截至二零一三年三月，擁有約一千一百張精神科病床給不同需要的精神病患者使用。

青山醫院除了提供成人精神科服務外，更設有專科服務，包括法醫精神科、兒童及青少年精神科(位於屯門醫院)、老人精神科、智障精神科服務、復康服務、物質濫用和酗酒診所、思覺失調服務、精神科社康服務及向區內全科醫院提供會診服務。

青山醫院由昔日全港唯一的一所精神病專科醫院演變成現在的社區精神健康服務中心。多年來青山醫院的服務不斷發展以配合社區的需求，為新界西聯網居民提供住院、門診、日間醫院及社康服務。

In 1998, the Government granted \$1,470 million for Castle Peak Hospital to proceed on Phase II redevelopment. This was completed in 2006, transforming the hospital into a modernised psychiatric service centre with approx. 1,100 beds as at March 2013.

In addition to General Psychiatry, Castle Peak Hospital provides sub-specialty services in Forensic Psychiatry, Child and Adolescent Psychiatry (located in Tuen Mun Hospital), Old Age Psychiatry, Psychiatric Services for Intellectual Disability, Rehabilitation Service, Substance Abuse Service, Early Assessment Services for Young People with Psychosis, Community Psychiatric Service and Psychiatric Consultation-liaison Service.

Meanwhile, Castle Peak Hospital has gradually transformed from the only territory-wide mental hospital into one of the community-based mental health service centre, catering for the needs of the population of the New Territories West Cluster with in-patients, out-patients, day-patients and community services.

