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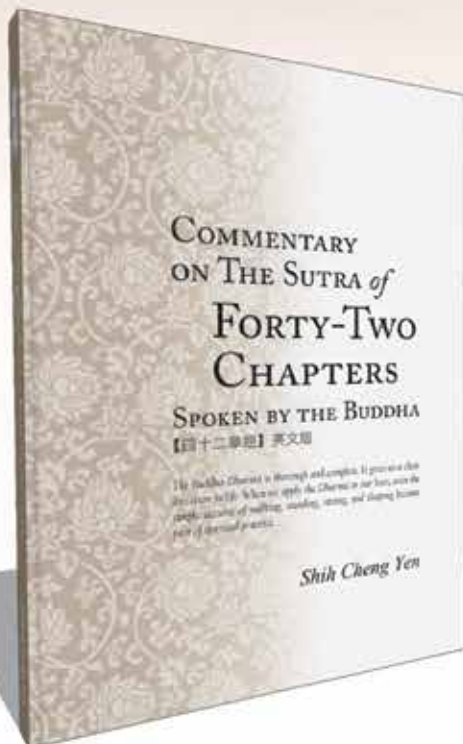
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SPOKEN BY THE BUDDHA

《四十二章經》 英文版

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Staying Vigilant Against the Coming Pandemic

Time seems to pass extraordinarily slowly as of late. A cloud of gloom lingers. I have been concerned with the development of the new coronavirus pandemic. Every day, I look forward to hearing good news. There has not been any more new cases, and most of the patients have been cured, that is what I really want to hear.

It must be tough for the healthcare workers on the frontline facing the pandemic. Before the pandemic, everyone was diagnosing and treating patients as usual; once the pandemic broke out, they still bravely held the post and never retreated. They are the true heroes that deserve our praise.

We can see from the reports their bravery and fearlessness, holding the line against the pandemic, and I cannot help but say, "Thank you!" We need these healthcare workers to continue their endeavor to ensure the safety of the people outside and the recovery of the patients inside, and that is not an easy task

Despite the advancement of medical and scientific technology, viruses can neither be seen nor felt, and the incubation period of this new virus is long, people can be infected without knowing it, so it is best to remain alert and vigilant.



The government-promoted methods of pandemic prevention include wearing masks, washing hands frequently, and abide by the rules. Everyone should take personal precautions, and the pandemic will be over eventually.

Many large events have been temporarily suspended to reduce overcrowding, but the relationship between individuals have been closer than ever. That is why we sincerely promote vegetarianism in order to conserve the health of all living beings on Earth.

Vegetarianism is about cultivating the virtue of the mouth, which is firstly, not to kill, and not to ingest the bodies of livestock; and secondly, to encourage everyone to be vegetarian. Also the ignorance of the human mind is manifested as abusive speeches that must be terminated. The mouth should gather good fortune. We eat what we should, and vegetables, fruits, and grains already provide sufficient nourishment for the human body; we say what we should, and speak kind words. I would like to call for prudence and vegetarianism, so we can move ourselves toward goodness.

The pandemic is still on the rise, and the public is anxious and unsettled. Those who are safe should do their part for the healthcare workers and infected patients through our prayers and our diet, which is beneficial to others and to ourselves, and their safety is our safety. May our sincere thoughts and prayers be united to help the pandemic subside.

Put Our Right to Life to Good Use

**Chang Chih-Fang,
Superintendent, Kuanshan Tzu Chi Hospital**

I came from Hong Kong to study in Taiwan in 1982, and was admitted to the medical school of National Taiwan University (NTU) in 1984. Tzu Chi Hospital inaugurated in August 1986, when I was a junior in college. At that time, National Taiwan University Hospital (NTUH) established a cooperative education with Hualien Tzu-Chi Hospital, so after graduating from medical school in 1991, I chose to receive my residency training in Hualien until I became an attending physician. I was able to witness how Tzu Chi Hospital overcame adversity and stabilized operation in its first decade.

I chose to come to Tzu Chi with the simple reason that the hospital did not require a deposit and was remote. "Okay, I'll go," I said. At that time, traveling to Hualien was inconvenient for people living in Taipei. It was too long by train, or else one would have to take an unnerving flight. But it was a hospital that abolished security deposit system, with physicians who reject gifts and money from patients



and focus solely on their duty, I think it was good, and it fitted my philosophy. It was as simple as that.

After four years of residency training and two years as an attending physician in the Department of Obstetrics and Gynecology, I finally decided to leave Hualien in 1997 to start my own practice and opened an Obstetrics and Gynecology clinic in Yilan. I was shocked by the 921 earthquake in 1999, which killed more than 2,000 people overnight.

This awakening of the unpredictability and fragility of life had helped me to redirect my life. I heard about a vacancy of obstetrician-gynecologist in Kuanshan Tzu Chi Hospital in 2003. I went to learn more about the place, but then I discovered that the population of Kuanshan Township was low, hence its birth rate must be low as well, and hiring a full-time obstetrician-gynecologist would not be cost effective for the small hospital. However, Wang Ji-Hung, the superintendent then, “Cost effective or not, the need is still there.” That was when I decided in my heart that I wanted to come. On February 1, 2004, I officially reported to Kuanshan Tzu Chi Hospital.

The small hospital had limited staff, so I was prepared to fill in for others. Despite the small number of OB/GYN patients, I was able to operate seven OB/GYN clinics a week, three of which were evening clinics so that patients could come after work. On Saturdays, Sundays and during the New Year, I would be on back-up duty in the emergency department, and I would be on duty in the emergency department on Sundays, which allowed me to be flexible in letting OB/GYN patients visit, thus optimizing our capacity and efficiency. My other main business was to participate in the South Cross-Island IDS medical outreach, which started since 2009, visiting patients in the mountains.

We used to travel into the mountains on Fridays and Saturdays, and now it is regularly Tuesday. After so many years of visiting patients in the mountains, the number of patients remains small. Unlike urban clinics, the number of patients here does not increase because of the accumulated reputation, because the elderly population in the mountain tribes is slowly aging or dwindling, and the young ones have long gone out to work for money. The small ones would inevitably relocate to other cities or counties. However, at least the tribes know about our schedule, and the medical bus would



drive around the village to broadcast the opening hours of the free clinic, reminding people to come. Those who has a cold or are not feeling well would at least have a doctor available who can prescribe medicine for them, so they do not have to debate on whether to travel to Kuanshan, which is 30 to 40 kilometers away, to seek medical attention.

In August of 2018, I took over the role of superintendent from Dr. Poon Win-Him and undertook the burden of leading the hospital. I am grateful to Dr. Poon for making Kuanshan Tzu Chi Hospital a great warm family.



Four Key Points of Development

Kuanshan Tzu Chi Hospital, as it enters into its 21st year, now focuses on four key points of development: 1) providing outpatient services in all specialties; 2) providing 24-hour emergency services; 3) providing specialized treatment and clinical instruction in Traditional Chinese Medicine; and 4) establishing a complete ABC Long-Term Care (LTC) Network in the Greater Kuanshan Region.

1. Providing Outpatient Services in All Specialties

According to the Taitung County Census in November 2019, Kuanshan Township and the surrounding Haiduan, Chihshang, Luye, and Yanping Townships have a population of 32,160 people, but the actual number of people living in Kuanshan should be even smaller. Even though Kuanshan and neighboring Chihshang are popular tourist destinations, there is still an out-migration of adults and adolescents from the area, leaving mostly children and elderlies behind.

Although Kuanshan Tzu Chi Hospitals is only a regional hospital, it has to take care of people young and old, so the outpatient departments have to think

of ways to cover everything from head to toe, inside and outside. Take the number of weekly consultation sessions for example, the resident physicians at Kuanshan Tzu Chi Hospital provide a total of 50 consultation sessions, including obstetrics and gynecology, orthopedics, nephrology, rheumatology and immunology, rehabilitation, and Traditional Chinese medicine, while Hualien Tzu Chi Hospital supports a total of 32 consultation sessions in 16 specialties. General speaking, Kuanshan Tzu Chi Hospital provides outpatient services in 19 specialties and 82 consultation sessions on weekly basis. On behalf of the residents of Kuanshan, I would like to express my heartfelt gratitude to the doctors who have long supported our outpatient clinics over the years.

2. 24/7 Emergency Services

Because Kuanshan Tzu Chi Hospital is located at the southern end of the Hualien Rift Valley, it is a key location for sending critical care patients to the south or north, so emergency care is indispensable. Our emergency clinic never closed a single day since inauguration.

The emergency clinic at Kuanshan Tzu Chi Hospital, located on the Taiwan Highway No. 9, does not have the staffing, resources, and equipment to directly



treat major trauma patients. Fortunately, we do not usually have that many major trauma patients, but we have activated the mass casualty emergency response to treat more than a dozen patients. Our emergency clinic is positioned to deal with acute problems, to provide early diagnosis and early treatment; and as for major trauma patients, the focus is on buying time to save lives.

If the patient comes to the emergency clinic with medical problems, early diagnosis and early treatment can be provided and if necessary, referral can be arranged. For OHCA (Out-of-hospital cardiac



arrest) patients, the prognosis of survival to transfer may be poor. If the patient has a sudden onset of a major illness, or is involved in an accident, the priority is to address the critical condition and stabilize the patient's vitals, and then transfer south to Taitung 40 km away or north to Hualien 130 km away. Although it would take a 30 min or 90 min drive,

I am grateful for our hard-working emergency care providers. A doctor must be on duty 24-hours, with all nurses be on standby to transfer patients. We have plenty of nurses

who are experienced cruising on ambulances on Taiwan Highway No. 9, racing against time, sustaining patients' vitals while struggling with motion sickness. With such a group of healthcare workers who respect life, we are able to keep watch over patients' lives every day in the emergency clinic.

3. Chinese Medicine and Clinical Teaching

Since Dr. Shen Yi-Ying joined the Kuanshan Tzu Chi Hospital, the

Department of Traditional Chinese Medicine (TCM) has built up a reputation in the greater Kuanshan region, where people know that they can find a TCM practitioner to address their problems. That is also why the sessions of Dir. Shen is always fully booked. Dir. Shen was a reputable physician in a metropolitan hospital in western Taiwan, and it is admirable of him to be willing to devote himself to rural healthcare, and even to incorporate humanism that is integral in healthcare in his teachings.

The TCM department of Kuanshan Tzu Chi Hospital provides education, research, and service. We hope that

under the leadership of Dr. Shen, we can train more TCM practitioners who are willing to stay and serve in the rural areas, and we further hope that all doctors in our TCM team will be willing to take root in Kuanshan.

4. ABC Long-Term Care in Rift Valley

The LTC (long-term care) team of Kuanshan Tzu Chi Hospital has grown from one person to more than 30 people, and is expected to complete the 17 services of the LTC 2.0 by 2020. The team is also promote local aging, in which includes mobile medical care, home nursing, auxiliary aids rental, home rehabilitation, home services, home respite, home hospice and home medical care, etc.; and community-based LTC organizations are also gradually been set up, such as the multi-service care center in Chihshang, and the implementation of group homes. The range of services provided by the LTC team of Kuanshan Tzu Chi Hospital are all-embracing. They regard the elderly as their own relatives, and all of their services are designed to help the elderly in revitalizing and delaying aging, as well as in relieving the stress of family caregivers and improve their quality of life.



Contentment, Gratitude, Understanding, and Forgiveness

“We do not have ownership of our lives, only the right to use it” is the Jing-Si aphorism that benefitted me the most. I hang it in my clinic as a personal reminder. The four-ingredient soup of Tzu Chi, “contentment, gratitude, understanding, and forgiveness”, is something I often use to encourage the entire hospital staff. I see life as a six-sided dice, and we each see few sides of it from our own perspective and come to our own conclusions. Contentment, gratitude, understanding, and forgiveness can help us to see things from others’ perspective. This empathetic approach is effective in healthcare and in life, depending on how one make use of it.

The greatest challenge in taking on the role of hospital superintendent is the lack of staff, a problem we have been facing for the past 20 years in Kuanshan. The worst shortage in rural areas is talent shortage. There is really no shortage of doctors in Taiwan, just unevenly distributed, whether in Kuanshan or other rural areas. Therefore, we are thankful to Hualien Tzu-Chi Hospital for supporting us with doctors over the years. I hope that

some retired or semi-retired doctors will consider coming to Kuanshan making serving in the rural areas a new direction for the second half of their lives.

I would like to thank all the staff of Kuanshan Tzu Chi Hospital, no matter who came first or later, for their willingness to guard this land together. I will also miss Dr. Chiu Chao-Jong and Dr. Hsiao Ching-Feng who have passed away. Their contribution to the healthcare of Kuanshan is an example to all of us.

From the moment I decided to become an obstetrician-gynecologist, my time with my family was limited, and this was especially true when I came to Kuanshan. That is why I have nothing but gratitude to my family - my wife and my children. My children also accepted their father’s long absences, but I would definitely go on trips with them when I could.

My son Tzu-An passed away at Kuanshan Tzu Chi Hospital at the age of 18. In his final moments he received hospice care in Hualien Tzu Chi Hospital. We also have demands for hospice care in Kuanshan, however, we do not have the necessary professional staff. Hospice care is supposed to fall under family medicine, but since everyone in this hospital is



Dr. Chang Chih-Fang demonstrates the use of technology to examine people with digital hand-held diagnostic scopes at the "Health and Welfare Technology Integrated Care Activation" event at the Public Health Center of Haiduan Township, Taitung County, and the test results can be sent online to the hospital for diagnosis by a specialist.

overburdened with multiple roles, I decided to do it myself. That is why I have recently completed my hospice training and obtained my qualification. I hope that Kuanshan Tzu Chi Hospital can one day provide hospice care for terminally ill patients in the last leg of their journey.

The mission of Kuanshan Tzu Chi Hospital, like that of the Yuli Tzu Chi

Hospital, is to look after the remote areas, not profit-driven. Now in its 21st year, I would like to thank Master Cheng Yen and Tzu Chi Foundation for setting up Kuanshan Tzu Chi Hospital. With the support of Tzu Chi volunteers all over the world, we will continue to protect life, health, and love, and make the best use of all our lives.

A Surgeon, a Son

**By Yu Cheng-Chan,
Director of the General Surgery Department, Taichung Tzu Chi Hospital**

“Should I lay a hand on my own father? Operating on him?” I said to myself.

There was a small growth in my father’s liver. Although the tumor is small, its location prompted doctors to conclude surgery as the best course of action. (I said to myself, “Wait, isn’t that my expertise?”)

Our ancestors say, “anxiety breeds chaos”, now more commonly known as the “VIP syndrome”. When dealing with family members, one may be overcome with emotion that affects objectivity in diagnosis. Therefore, in the past, other colleagues would take over, but this time, I had to be the one. It is not due to a lack of qualified individuals who can perform the operation. However, even though it is fairly routine it is my specialty and I wanted to have the best possible procedure. After a long debate, I decided to perform the procedure before the Chinese New Year, resecting a small portion of the liver using a minimally invasive procedure.

It would be a lie if I said there was no hesitation. Before the procedure, I repeatedly convinced myself that it was merely another patient lying in the



After the surgery, Yu Cheng-Chan and his father took a picture together.

surgery room and that all would be good if I performed according to the routine. I asked for both Buddha’s and Guan Yu’s blessing, since I considered the latter as god to protect surgeons, and I would recite scripture before the procedure. I tried to stick to the routine and enter the surgery room after my assistants laid all the sheets, showing only the area of incision to block out any extra thoughts.

I’m fairly sure not many have had the same experience as me--cutting through my father’s skin, feeling his temperature, examining his pumping heart, seeing the

organs that nourished me throughout my childhood. However, I could not continue that thought, as I needed to complete the procedure. If I followed the procedure, everything would go well.

The operation was successful, and the blood loss was under control. When I walked away from the operation table, however, I felt like I was about to collapse. My heart was empty. The sight of my father buried in a myriad of tubes and moaning immediately transformed me back into a son. At least the surgery was over; otherwise, I would not have been able to perform the procedure in this state. I guess the power of the heavens

had helped me through this task.

Afterwards, my wife and daughter came to visit. Before leaving, my daughter said, "I'll visit you again!" My father then muttered, "Don't! It must be troubling to come to the hospital!" My father's recovery was fairly smooth, and he argued about going home after two days, setting my personal record. I knew that he was still in pain though; he just did not want us to be in the hospital all the time.

My forty-fifth birthday is approaching. In light of that, I hope my family can live a healthy and carefree life. And I hope that all the patients that I handled will recover smoothly.



Dr. Yu Cheng-Chan performs surgery on his own father.

Hualien Tzu Chi Hospital Advanced Hybrid Operating Room Activated





The cardiology department, cardiac surgical department, and the medical team of Hualien Tzu Chi Hospital jointly performs the transcatheter aortic valve implantation (TAVI) in the advanced hybrid operating room, and the patient Hsu En-Li recovers well after the surgery.

By/ Huang Szu-Chi

If you start to experience tightness in the chest, dizziness, or shortness of breath as you grow older, please see a doctor for a check-up to see if there is a heart problem.

Everyone wants to live an open-hearted life, but when the word “open-heart” scares people, because it implies a major surgery that require a 20 cm incision in the chest, and connection to a heart-lung machine while your heart stops beating. With the

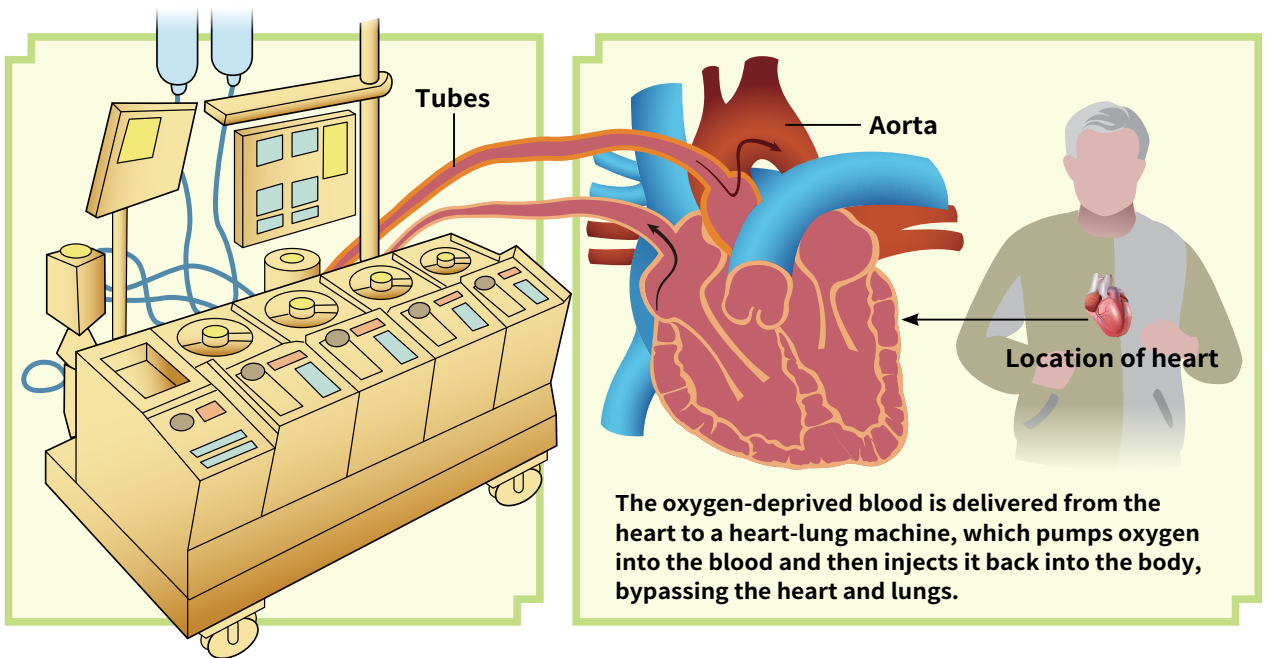
advancement of medical technology, minimally invasive surgery with small wounds has replaced the traditional open heart surgery; now, there is a new option that is more minimally invasive than minimally invasive: hybrid cardiac surgery. Hybrid cardiac surgery is a combined approach by the interventional cardiologist(s) and the cardiac surgeon(s), and the advantages are smaller incision, faster operating time, and quicker recovery time.



Hualien Tzu Chi Hospital has set up an "Advanced Hybrid Operating Room" to allow cardiological and cardiac surgical teams to work together in the operating room to complete heart surgery in the shortest possible time.

Traditional Open Heart Surgery

In traditional open heart surgery, an artificial heart-lung machine is used to make the heart still for a while.



Aortic Valve Degeneration or Disease

The aortic valve is the outlet for blood from the heart, and like many organs and tissues in the human body, it may degenerate with age, or experience abnormalities due to diseases, which is known as aortic valve stenosis, where your “heart gate” fails to open properly and leads to obstructed blood flow out of the heart and back flow of blood when heart contract. Dr. Chen Yu-Chih (Michael Chen), director of cardiology

at Hualien Tzu Chi Hospital, said aortic valve stenosis is a common form of heart disease among the elderly, and the degeneration that comes with age or rheumatic heart disease can cause problems with the aortic valve. Just because it is common does not mean it’s not dangerous, he added, because if left untreated and without proper treatment, the mortality rate of aortic valve stenosis is nearly 50 percent.

“Fainting is a critical indicator,” Dr. Michael Chen stressed. When the aortic valve hardening, calcification and other lesions grow serious, it may cause

cardiac hypertrophy, and even heart failure. Dr. Chen said, when normal heart beat can no longer supply the blood flow necessary for the whole body, the human body will force the heart beat harder and harder in order to satisfy the demand, and as a result the heart muscles will become increasingly hypertrophied. The problem is, there is a limitation no matter how strong the muscle may be, and when the heart reaches that limit, it will enter into heart failure, where the heart gradually loses its function as if it is cancerous.

Open Heart Surgery - from Minimally Invasive to Hybrid Surgery

Aortic valve surgery is one of the treatments for aortic stenosis. Dir. Chang Jui-Chih, Department of Surgery, Hualien Tzu Chi Hospital, warned that if people have symptoms such as angina pectoris, chest tightness, dizziness, or shortness of breath, they should see a doctor right away. Aortic valve abnormalities can be



The team is performing transcatheter aortic valve implantation (TAVI). From left to right: Medical imaging technologist, cardiac surgeon Dr. Chan Chin-Yu, director of cardiac surgery Dr. Chang Jui-Chih, and director of cardiology, Dr. Chen Yu-Chih.

identified clinically through ultrasound examination. If the degree of abnormality is less than moderate, regular follow-up will be arranged in conjunction with treatment with the cardiology department. If the abnormality is moderate or severe, which means symptoms like angina pectoris, chest tightness, dizziness and shortness of breath have all appeared, and heart failure is only a few steps away, then aortic valve replacement is needed.

According to Dir. Chang, traditional aortic valve replacement surgery requires splitting the sternum, leaving a long, straight scar of 20 cm in length on the chest after the surgery. In traditional open heart aortic valve replacement surgery, the patient must be connected to a heart-lung machine to keep the heart still, but the heart-lung machine may produce some inflammatory reactions, or may cause complications such as pneumonia and kidney failure. The minimally invasive aortic valve replacement can reduce the time on heart-lung machine with smaller wounds and faster recovery; however, it is still a burden to elderly patients or patients with chronic diseases. That is why TAVI (Transcatheter Aortic valve implantation), a new procedure where heart-lung machine is not required, becomes a new and important option. Not only does it significantly reduce surgery time, there is less bleeding and quicker recovery.

Advanced Hybrid Operating Room Combines Cardiologist and Cardiac Surgeon

One of the most important prerequisites for a TAVI is a hybrid operating room. This is an integrated surgical platform that allows cardiologists and cardiac surgeons to work together in the same operating room to perform this complex procedure together. The advanced hybrid operating room is equipped with advanced X-ray imaging and positioning systems, so that valves can be replaced without the need to open the patient's chest.

In order to provide more accurate and appropriate medical services, Hualien Tzu Chi Hospital, after two years of planning, began to set up the first advanced hybrid operating room in Eastern Taiwan in 2019, and was completed in June. After a month of testing, four cases of TAVI were completed in August and September. Dr. Lin Shinn-Zong said that the advanced hybrid operating room can be used in different departments including orthopedics, cardiology, neurosurgery, and organ transplantation, which is of notable help to the medical team. He is grateful for the support and efforts of Master Cheng Yen, Tzu Chi Foundation and all the medical team members, who

all believe that these valuable resources can become an important force in protecting the health of our patients.

The key difference between the advanced hybrid operating room and a normal operating room is that the hybrid one has a built-in imaging system that can provide real-time images during surgery for more precise surgical treatment. According to Dir. Chang Jui-Chih of the Department of Surgery, the application of the advanced hybrid operating room in cardiac treatment allows the cardiology and surgery departments to jointly perform the TAVI. Aortic valve replacement can be accomplished by delivering a sutureless valve through a cardiac catheter to the junction of the aorta and the heart, with no need for a heart-lung machine, has small incision, and noticeably less bleeding. The fact that a heart-lung machine for extracorporeal circulation is not required can reduce surgical risk and is applicable to elderly patients or patients with chronic diseases who are not suitable for open heart surgery.

No Need to Open the Chest, Small Wounds, Less Bleeding, Fast Recovery

Hsu En-Li, nearly 80 years of age, had a cardiac stent inserted in an out-of-town

hospital for his cardiovascular disease, and was later admitted to Hualien Tzu Chi Hospital for dialysis due to kidney failure. Recently, his blood pressure began to drop suddenly when he was on dialysis, and his systolic pressure dropped to less than 90 mmHg despite having high blood pressure. He fainted and was sent to the emergency room, where he was found to have aortic valve stenosis after examination. Dr. Michael Chen pointed out that Hsu En-Li was already experiencing chest tightness, dizziness, and heavy breathing, and further testing indicated signs of heart failure, so after a discussion with Dir. Chang Jui-Chih, and considering the patient's physical condition, he recommended Hsu En-Li to undergo TAVI.

"I can finally breathe now," Hsu said. He is especially grateful to the medical team led by Dr. Michael Chen and Dir. Chang Jui-Chih for giving him his life back. Before the aortic valve replacement surgery in early August, Hsu said, he was wheezing when walking and often felt like he was out of breath, and now these symptoms are all gone. That is why he wants to encourage other patients like him to see a doctor instead of toughing it out. "After the open heart surgery, I am now a happy man," said Hsu.

Most of the patients who have undergone TAVI at Hualien Tzu Chi

Hospital are in their eighties, only one of them is in his forties. According to Dir. Chang, this patient had an aortic dissection prior and had undergone open heart surgery, so there was adhesion to the heart and nearby blood vessels, and it would be dangerous to perform a second open heart surgery. One of the hardest challenges is successively remove the adhesion around the heart, he pointed out, a single tear to the heart and the patient may die on the operating table.

Heavy Loading of Saving Lives Is Worth It

Traditional cardiac surgery is complex and may take more than ten hours. Now, inside the hybrid operating room, cardiologists and surgeons work hand-in-hand to solve patients' problems by taking advantage of new technology and new medical materials. The director of the Center for Surgical Medicine



The "advanced hybrid operating room" is not only a platform for medical and surgical collaboration, but also allows medical imaging system to assist the surgery on-site and in realtime, so every member of the team has to wear a 6 kg lead apron under their germ-proof gown.



Transcatheter aortic valve implantation (TAVI), which does not require a heart-lung machine, is where the cardiologists insert a catheter into the patients' body, and the heart surgeon will then take over the procedure and deliver a new sutureless valve to the heart to replace or repair the valve that is no longer usable. Pictured are cardiologists Dr. Wang Ji-Hung (right) and Dr. Chen Yu-Chih (Michael Chen)(left).

Development at Hualien Tzu Chi Hospital, Prof. Lai Hong-Shiee, said that the hybrid surgery performed in the advanced hybrid operating room is “patient-centered”; because it serves the patients’ needs. Hybrid surgery is a gospel for patients who need both surgery and angiography. One of the trends of modern medical treatment is “team medical care”. Advanced hybrid operating room is more than just a platform that facilitate the cooperation of medical and surgical

departments, it also allows simultaneous diagnosis and operation through imaging medicine system and therefore permit far more accurate and timely surgeries.

Dr. Michael Chen said, “When we face our patients, aside from caring for and saving lives, cardiologists would often say that we must make a heart beats if it stops, and prevent it from not beating afterwards. However, during the process of treating patients, we often worry about whether the patients will

be afraid because of lack of understand or physical discomfort. Buddha said, treatment is more than just about treating peoples' diseases, it is about treating their heart as well. With the help of advanced technology, we can save more than just our patients' hearts and lives, but also to make them feel more comfortable and at ease throughout the process."

Ten minutes on the stage is worth ten years of work off the stage. The same logic can be applied to the "operating table" as well. Dir. Chang said, for patients, TAVI has faster surgery time, lesser bleeding, and quicker recovery; but these advantages is based on the additional time and effort from the medical team.



In addition to the two year of planning on the set up of the advanced hybrid operating room, take Mr. Hsu's surgery for example, the surgical procedure requires two cardiologists with more than ten years of experience in cardiac catheterization and cardiac pacemakers, two cardiac surgeons with more than ten years of experience in cardiovascular surgery, an anesthesia care team, a medical imaging team, operating room nurses and the administration staff all working together. Moreover, because of the imaging equipment used in the surgery, the team had to wear a six kilograms of lead aprons throughout the entire procedure. All these efforts are worth it when they see the smile of the patients and their families, Dir. Chang said.

Special Report

1

Vegetarian Diet in Postpartum Care

Buddhist Dalin Tzu Chi Postpartum Care Center

By/Chiang Pei-Ju





A new mom can get depressed while in postpartum care and trying to assuring a healthy newborn. The postpartum care center in Dalin Tzu Chi hospital provides team care with integrated Chinese and Western medicine to protect the health of the mother and infant. The team works diligently to provide high-quality care before, during, and after child birth. With delicious vegetarian meals and an intelligent remote system, postpartum care stay is like a vacation for mother and infant to enjoy an intimate bonding.

“Whenever I look at the center’s pictures, I miss dearly the vacation-like life. It is so comfortable, and truly

amazing!” The Ning’s couple cannot forget the time in the center after going home. It was like a family vacation. Every time when they returned with the baby for vaccination, they would visit the center. They called it the “Yuezi Center.” But its formal name is “Buddhist Dalin Tzu Chi Postpartum Care Center, Tzu Chi Medical Foundation.”

Perfect and Thoughtful Care; Wonderful Experience

At first, the couple was against a vegetarian diet. They planned for a postpartum care center near their



neighborhood. But when they overheard their friends' conversation about the new postpartum care center at Dalin Tzu Chi Hospital, they decided to give it a try. Ning laughed and said, "We both had never been a vegetarian due to the love for meat. Before, we deeply disliked vegetarian foods. However, after staying in the center, our love of meat is changed." He was amazed by the vegetarian meals that were not only tasty and delicious, but were also prepared meticulously. One can see the painstaking details from the use of seasonings, nutrients and colors. Even the menu for children is surprising different during the week. All three meals a day are delivered fresh and hot. My wife had serious constipation; unexpectedly her condition was totally improved after a month.

Ning mentioned the great challenge of many new moms after giving birth. There are so many cultural taboos, especially for the first newborn. We were stressed and confused. I remembered the first four days with our newborn -- not knowing why she constantly cried no matter how hard we tried to comfort her. This made us, the first-time mother and father, feel helpless. Ning said, "Fortunately, the nurses here would come to the rescue. They were very prepared and knew what was needed. They also took the initiative to advise us about things that we needed help, which made my wife at ease in the

center, and my mind calmed."

A companion bed is usually foldable and small, but Ning was surprised to find a spring-coiled bed at Dali postpartum center, that proved to be very comfortable. Sometimes, parents come to stay so they find comfort. "The light in the room was sufficient, and made you feel joyful. Inside the room, there is also an induction range for heating. So, my wife can warm her food at any time. We can give her various foods and not worrying about the supply of breast milk." When talking about his experience at the center, Ning spoke like an advocate, pointing out the advantages one after another one.

Relaxing in a Sophisticated Environment; Protected by a Competent Medical Team

"Without good postpartum care, the body may suffer at an older age. Maternal women are having problems with care of newborns and the painful experience of labor. If they do not have any assistance, they may have postpartum depression partially due to exhaustion. It is essential to have appropriate care and nutritious supplements, which will have long-term impact on health. In 2019, Dalin Tzu Chi Hospital established a postpartum care center that integrates pediatricians, OB-GYN, traditional Chinese medicines, psychologists, and nutritionists to provide

the mother and newborn with complete high-quality care. It provides a comfortable and smart accommodation, along with personalized a healthy vegetable diet. Combining the best Chinese and Western medicine, with a strong medical team as a backbone, it makes postpartum care a happy experience.

Dalin Tzu Chi Hospital is in a small town Dalin. It is a place full of orchid fragrance. It provides consistent service

from prenatal care to delivery and postpartum care. It is a bittersweet process for Dalin Tzu Chi to make a postpartum center a reality. Liu Zhenrong, Secretary of the Director, said the main purpose of building a postpartum care center is the consideration of the major senior population in the Yunjia area. Due to advanced age and declining health, they are unable to care for their daughters and daughters-in-law during the





The Dalin Tzu Chi Postpartum Care Center providing vegetarian diet with balanced nutrition intakes which are well-planned by dietitians.

postpartum period. Therefore, the hospital stepped in to provide comfortable and professional postpartum care immediately after delivery in the hospital. Starting from a year ago, colleagues from different units had numerous meetings, and collaborated to present a warm and high-quality service. Now the wish is realized, the team is very delighted.

The center has 15 suites. The interior is European styled: simple, bright, and comfy. Heating is provided in winter, and there are two floor plans - “Joyful Family Suite” and “Well-being Delicate Suite”. Every suite has two beds, one for the

maternal woman and the other for the companion. The five-star bathroom has separated wet and dry areas. Additionally, amenities include a recreational center, newborn nursery room, multipurpose classroom, exercise room, and breastfeeding room. Nursing moms and babies can have a home-like atmosphere to enjoy, and a healthy environment to bond.

At the same time, the hospital provides integrated care from different units, including regular check-ups by pediatricians and obstetrician-gynecologists.

Cordless Smart Space; Comprehensive Service

Shen Chin-Hua, supervisor in-charge, states that the main entrance of the postpartum care center has a “Video Telecom” and “Visitors Thermal Screen.” Anyone with high temperature will be denied entrance to reduce the chance of infection.

Besides being spacious, room amenities include household appliances, good quality beds and furniture, and a “Wireless Intelligence Integrated System.” The bedside panel can connect a cellphone to the TV. Baby monitoring feature allows the family to see the baby even at home or out for exercise. A big screen TV serves as the display. This

protects moms in reading manuals from a distance. The system allows access to personal medical information and the internet, and to digitally sign for documents.

The center spares no effort to promote the interaction between the mother and baby. The height of the baby crib in the room is adjustable to reduce the frequency of bending to protect the mother's back. The care team can also monitor the baby's temperature, heartbeat, breathing condition through the system so the mother can sleep peacefully.



The Ning's family enjoyed a wonderful 30-day off in the Dalin Tzu Chi Postpartum Care Center

Vegetarian Diet; Chinese and Western Medical Care for Health

Rest and healthy food are essential during postpartum care. For the mother's health, providing a balanced diet is the primary task of a nutritionist. Whole food diets are fresh, natural, and diverse. According to the Chinese and Western medicine, good delicious and nutritious foods can replenish mother's milk and energy. There is plenty to choose on the menu, all nutritious vegetarian. Considering a mother may not eat on time because of resting or breastfeeding, food is kept warm for up to two hours to guarantee its freshness.

Although Ms. Zen, a first-time mother, is not a vegetarian, a one-month postpartum care at the center did not make her feel any discomfort. Instead, she said she was well cared for, feeling great, and having sufficient breastmilk. The happiest thing for her is her baby was born at 3600 grams. After one month's care, the baby increased weight to 5000 grams, thanks to the nutrients from the mother's milk. Chen Yingying, a medical volunteer, also said, the postpartum care center provides a "five-star" environment, as well as a "five-heart" care because one can see a homey feeling and warmth everywhere. Her mother was especially happy because vegetarian food without

the killing of animals is a blessing for her daughter and grandson.

There are some common problems for maternal mothers: pain from breastfeeding, insufficient breast milk, abdominal bloating, sore lower back, vaginal

discharge, swelling, insomnia, dizzy, headache, and constipation, etc. These can be relieved by Chinese herbs two weeks after giving birth, which helps the body to recover and strengthen health.

The center provides some teas and



The Dalin Tzu Chi Postpartum Care Center has strong medical backup with the Departments of O&G, Pediatrics, Traditional Chinese Medicine, the dietitians, and the nursing team.



With wireless intelligence integrated system, the center provides bedside panel to connect a cellphone to the TV; the baby monitoring feature allows the family to see the baby even at home or out for exercise.

soup, such as raw-milk tea, lactation tea, liver-care tea, Sishen soup (including four Chinese medicinal ingredients), and so on. One can choose the Traditional Chinese Medicine (TCM) where a TCM doctor uses meridian system diagnostics to prescribe customized care, such as bath soap made from Dafong grass and old ginger.

TCM Yang Shu-Yi said, the first week after childbirth, the mother is weak due to blood loss and decreased energy, the spleen and stomach at this moment have not recovered to normal. Therefore,

strengthening the health of spleen and “chi” is the main task at this period. So, the diet should be light and reducing greasy food like chicken broil with alcohol. The soup base includes ingredients Sishen (Sishen Soup is a soup made from common yam, Euryale ferox seeds, lotus seeds and Tuckahoe); additional herbs will be added according to individual need. The second week’s diet should emphasize on boosting energy, increasing protein-rich food. As to Chinese medicinal food, the Dong Quai (Angelica sinensis) soup and Shiquan soup (including ten



Nursing moms and babies can have a home-like atmosphere to enjoy, and a healthy environment to bond.

Chinese medicinal food) will be added to improve the function of the liver. Three to four weeks after childbirth, it is time to nourish the liver and kidney. The diet includes black and dark green ingredients, like black beans, bok-choi, spinach, sesame, and so on. The herbal Chinese medicine includes Dihuang pill that is made from six Chinese herbs, and ingredients care for the liver and kidney like Heshouwu (*Fallopia multiflora*) and Du Zhong (*Eucommia ulmoides*) will be added.

Mother and Infant Interaction; Warm Nursing Care

The baby crib next to the mother's bed is equipped to monitor breathing and heartbeat. Nurses monitor the condition of the baby all the time to reduce the risk of sudden death syndrome. The windows in the neonatal room are equipped with smart safety glass. There are no curtains to prevent dust mites so it is convenient for the family to see the infant. There

are so many designs that make the care center the first smart postpartum care center in the Yujia area.

Supervisor Shen said, “The postpartum care center has established a smart system that is safe and comfortable. Besides our medical expertise, we also provide a warm and loving environment so the family can enjoy.”

During the month-long care, nurses offer classes for baby’s care and exercises to strengthen moms’ pelvic. Developing bonding between the mother and baby, like reading to the baby, can stimulate infant’s brain growth. Dalin Tzu Chi Postpartum Care Center provides the most visionary and warm care to the mother and infant in a suburban area.



The Ning’s family pays a visit to the Dalin Tzu Chi Postpartum Care Center to thank the team members.



改良式的主動脈根部重建手術
可以保留病人自己的瓣膜。



主動脈廣泛性動脈硬化
多處大硬化斑
主動脈瓣

Vs 謝世筆



主動脈瓣：
三瓣式，退化，閉鎖不全。



AVR
En-X-AC
23mm

2017/06/06
林 56% M.

Aortic
Asymmetric dilatation
of sinus of Valsalva.
Marked thickening
change and calcifica-
tion of Aorta.



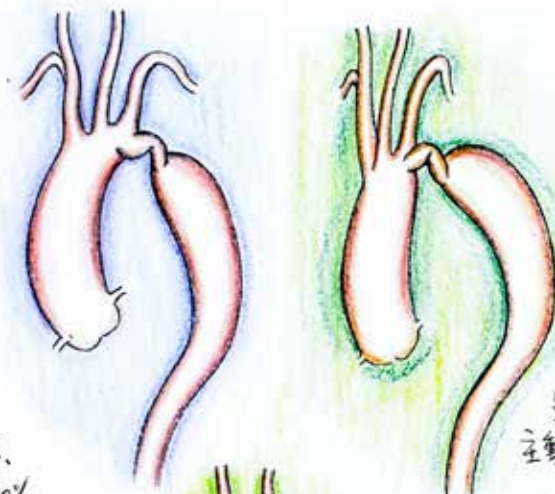
主動脈瓣置換術及冠狀動脈繞道術。
主動脈瓣使用牛心瓣膜。
冠狀動脈繞道術則使用大腿的大隱靜脈。
接置主動脈及冠狀動脈左前降枝。

Revealing the Secrets of the Heart

Hand-drawn Illustration of Heart by Dr. Hsieh Shih-Rong

Hsieh Shih-Rong, Director of Cardiovascular Surgery at Taichung Tzu Chi Hospital, has been saving lives with his skilled hands during his 30 years of medical practice. However, all the illustrations he did for every surgery are both medical records and splendid work of art, an achievement unique in the field.

Hsieh Shih-Rong has made several records in the field of cardiac surgery. In addition to being the first surgeon in Taiwan to perform minimally invasive aortic and mitral valve surgery, Hsieh was also the first surgeon in Taiwan to perform an “open-heart surgical aortic valve and mitral valve replacement through a small incision” and an “open-heart surgical replacement of three cardiac valves through a small incision”. His surgical hand-drawn illustration is different from the usual surgical sketch, in which he uses the blank region of the medical record to draw in detail the entire surgical procedure, including the appearance of the heart and blood vessels, the suturing method, and the replaced vessels or cardiac valves; he would sometimes add complementary illustrations with pencil to show organ proportions, treatment lesions, and even the thickness and perspective of aneurysm.



先天性
主動脈弓狹窄

先天性兩瓣式主動脈瓣，
約佔全人口數 1.3%~2.0%。
大多於 40 歲至 60 歲時，瓣膜
已退化到危險的程度，需要
手術治療。

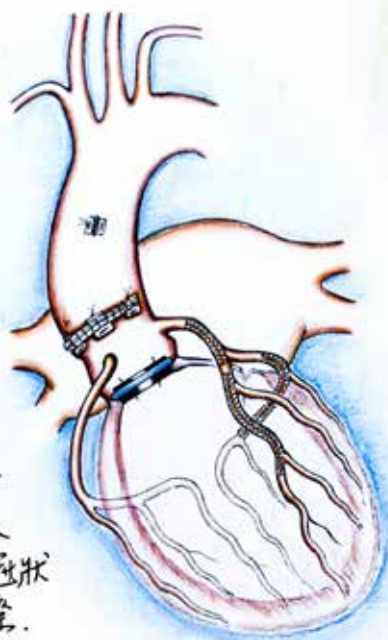


主動脈弓嚴重狹窄
造成下半身血壓不夠，
當腎臟的供應血
壓不足會促使身體
產生高血壓，則容易
出現腦血管，導致主動
脈病變，以及心臟
衰竭的問題。

手術時也是將三條
頭及新的動脈出口
往前移，以製造出
一個可以使用的著陸區。



微創主動脈瓣
置換手術



2019 年在台中慈濟
醫院，手術的病人
心臟上已有多支冠狀
動脈支架的治療。

Reversed sleeve graft is a clear manifestation of Hsieh’s dedication to improve upon current heart surgery to make it simpler and safer for the benefit of patients. Because of the high failure rate of thoracic aortic surgery in the 1990s, he decided to roll the artificial blood vessel like rolling a sleeve, insert it into the aorta and pull it out after suturing. The technique works well in preventing post-suture bleeding and improved patient survival. The procedure was published in the journal “The Annals of Thoracic Surgery” in 2005, and is now widely used by physicians worldwide. All the illustrations in the journal are hand-drawn by Dr. Hsieh and are as exquisite as a textbook.

In the years of medical practice, Hsieh has drawn over a thousand surgical illustrations. No matter how many years have gone by, Hsieh Shih-Rong can perfectly recall the patient’s condition after seeing the illustration, because every picture is a story of a patient facing a tug of war of life and death, and he treats every patient with the compassion of a doctor.

About the Illustrator

Hsieh Shih-Rong (in white robe), a native of Tugu, Yunlin, graduated from junior high school and went on to Taipei Municipal Jianguo High School. He later studied medicine at Yang Ming University and is now the director of Department of Cardiovascular Surgery at Taichung Tzu Chi Hospital. He has been training hard in calligraphy when he was small and is now an excellent calligrapher. He was invited to be the art editor for as many as six of his clubs in college. He found it “very simple” and accepted any invitation that came his way. Creative paintings with elegant writings, Hsieh has created numerous beautiful posters, and artistic creation has become his greatest hobby in his medical career. He is both a skilled surgeon and a talented artist who operate on patients and illustrate their surgeries with mindfulness.





Kuanshan

**Emergency Service of
Kuanshan Tzu Chi Hospital
— A Life-Saving Station**

By Chen Hui-Fang

Kuanshan Tzu Chi Hospital may be small in size, the role it plays is critical. It is the only hospital between Yuli Township and Taitung City, which is about 80 kilometers apart. Furthermore, the hospital is located in a tourist town that neighbors renowned tourist sites like

Kuanshan waterfront park, Chishang Mr. Brown Avenue, Taitung Luye Highland hot air balloon, and Tianlong Suspension Bridge. Medical service is relatively important to both the locals and tourists.

For this reason, from the first day of its opening, Kuanshan Tzu Chi Hospital has taken on the task of providing critical care in the Rift Valley, and has maintained 24-hour emergency services for the past twenty years. The population of Kuanshan region and its neighboring towns of Chihshang, Haiduan, Luye, and Yanping is small, so in average the number of patients admitted to ER on



The picture shows Dr. Poon Win-Him and the nursing team on duty in the emergency room saving a dying patient.



Thanks to the long-term support of Hualien and Taipei Tzu Hospitals in addressing the scheduling problem of the emergency room in Kuanshan Tzu Chi Hospital, the emergency services never stop. The picture shows Dr. Chen Huang-Pin of Hualien Tzu Hospitals Emergency Department.

daily basis is 30; and on weekends and holidays, the number increases slightly to about 45-50. In the case of long weekends, due to the influx of tourists, the number falls between 80 to 100.

24-hour Emergency Service Supported by Hualien and Taipei Tzu Chi

In order to set up a hospital in such a small township and even be able to sustain 24-hour emergency services, both staffing and costs are a heavy

burden. Scheduling for on-call physicians is the most challenging task because an emergency room cannot operate without a specialist who qualifies as an emergency physician.

For the emergency room to operate smoothly and to achieve the best efficiency with the least amount of staff, each physician is on duty for twenty-four hours at a time. In terms of weekly schedule, four doctors from Kuanshan Tzu Chi Hospital are responsible for three to four days, Dr. Huang Bo-Ming from Taipei Tzu Chi Hospital supports



If the patients are in a critical condition, after emergency treatment, they are transferred to a major hospital within the golden hour.

one to two days, and doctors from Hualien Tzu Chi Hospital, including orthopedic surgeon Yao Ting-Kuo and Yeh Kuang-Ting, emergency physician Wu Ren-Chieh and Chen Huang-Pin, neurosurgeon Pan Yan-Hong, Hung Hsiang-Yi, and Chiou Tsrong-Laang, surgeon Chen Yen-Cheng, and pulmonologist Chen Po-Pin, rotates one to two days. Furthermore, on Saturdays, Sundays and national holidays, when more patients are expected, doctors are needed to be on backup duty, which is also the responsibility of the doctors at Kuanshan Tzu Chi Hospital, with one doctor on duty for eight hours a day

for two days. It is this kind of relay race approach that the tremendous task of the small town emergency service in protecting lives continues.

Providing Familial Care for Solitude Seniors

There is no three-shift system for the emergency physicians here; a single physician must see both medical and surgical patients from 8:00 a.m. to 8:00 a.m. the following day. Even though the number of patients is small, they are mostly concentrated during the night shift from 4pm to 12am, albeit



there will be three to five patients on average during graveyard shift due to automobile accidents, respiratory failure, heart discomfort, stomach ache, cold and so on, and occasionally a few drunken, rowdy patients killing time.

Therefore, no matter what time

Doctors are on duty at Kuanshan emergency room for 24 hours a shift, so they must learn to nap whenever possible to avoid building up physical strain over time.



Dr. Huang Bo-Ming has been traveling to Kuanshan every week for four consecutive years to serve in the emergency room, during which he experiences the warmth of the town and learns to communicate with patients in a gentle manner.

it is, sleepy or not, as long as there are no patients, the physician should still find time to take a nap and learn to rest whenever possible.

Nephrologist Wu Sheng-Teng, who is also the director of the emergency room at Kuanshan Tzu Chi Hospital, said, “When you are on night duty, you’ll see people come in for all kinds of illnesses. Usually, you are very, very lucky if there are no patients for 4 hours consecutively.” At least they can catch up on their sleep a little.

Solitary seniors can be found mostly in the countryside, and it is not uncommon for them to look after each other. That is why emergency medical staff often have to juggle several jobs aside from their own, such as looking after the patients. Tzu Chi volunteer Chu Hsiu-Tzu shared, “One of the grandmas was hospitalized in the emergency room for observation, and Dr. Wu Sheng-Teng was on duty that day. He saw that she had no families around her, so he spent some time with her, and even poured her some water. The grandma was very touched.” Sometimes when a solitude senior needs to be referred to a major hospital, the nurse will help by calling the village head to contact the family members, or will help to refer the patient to a social worker to address the economic or physical needs by finding the proper resources.

A Lesson of Communication for a Metropolitan Doctor

“The major hospitals in the north have plenty of resources, for example the trauma team can be activated for patients with cerebral hemorrhage, and the (neurosurgeon) specialists will take over after they arrive; even now, the trauma team can be activated directly by dialing 119, so the emergency physician does not have to go into the emergency area,” Dr. Huang Bo-Ming, an emergency physician at Taipei Tzu Chi Hospital, shared, “In contrast, on emergency duty in Kuanshan, we don’t have a consultation, so we have to do the stitching ourselves and compare old medical records if we don’t understand the EKG. In Taipei, I didn’t have to deal with hospital transfer, but now I even need to know what equipment and medicine should be on the ambulance during transfer.”

When Kuanshan Tzu Chi Hospital had an emergency room scheduling problem, Dr. Yang Giou-Teng, the director of the emergency department at Taipei Tzu Chi Hospital, helped and found Dr. Huang Bo-Ming who was willing to commute to Kuanshan for support, so since September 2015, Dr. Huang has been providing support to the emergency room in Kuanshan for one to

two shifts per week. He usually travels to Kuanshan on Thursday evenings, works Friday and Sunday shifts until 8:00 a.m. on Monday, and then returns to Taipei. The time on the road is longer and the workload is heavier, but Dr. Huang says, “It’s nice to be here. Most of the patients here trust their doctors, and I have more time to spend with my family.”

It turns out that Dr. Huang schedule

in Taipei was working every other night, leaving him with limited time with his children in the evening, and working a 24-hour shift in Kuanshan, which is equal to the hours of a three-day-shift in Taipei, actually provide him with plenty of free time for his family. There is another interesting reason why Dr. Huang decided to leave home to work in Eastern Taiwan, “It is much simpler here,



The nursing staff of Kuanshan Tzu Chi Hospital is equipped with multi-disciplinary skills and can provide support in the emergency room when needed.



One of the duties of the nurses at Kuanshan Tzu Chi Hospital is to take shifts as transport nurses to escort transferred patients on the ambulance to other hospitals. In the picture, the emergency nurse and the transport nurse completes the transfer handover, and the transport nurse hop onto the ambulance to escort the patient.

because all I need to do is to handle the medical aspect of the issue and not the non-medical aspect.” It turns out that Dr. Huang has been having communication problems since he was a child.

“When I was a resident, I wasn’t trained to communicate,” Dr. Huang said jokingly, “I was more blunt and straightforward, but not anymore. I have improved a lot since.” Dr. Huang is in fact considerate of his patients, the problem is that he tends to raise his voice when expressing his consideration. Take a drunken patient for example, he tends to criticize them non-stop, “I told you not to drink all the time and now see what happened.” Now he can slow his speech and soften his tone, and stop angering his patients.

Since he switched his place of work from Xindian to Kuanshan, which is 290 km apart, Dr. Huang Bo-Ming has been commuting weekly by train for the last four years. Before he knows it, he has already grown accustomed to the work environment and pace of Kuanshan, Taitung.

Backup Units on Standby for Patient Transfer

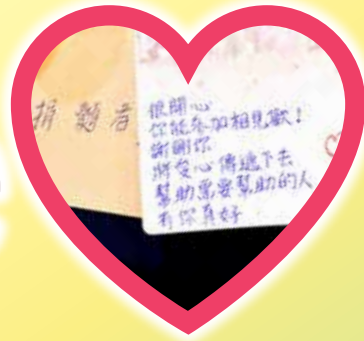
The guardians watching over the town in the quiet hours of the night, aside from the doctors, two nurses and security guards on duty in the emergency

room, include the medical examiners, radiologists, pharmacists, the cashiers; the ambulance drivers and transport nurses who are not usually present in the hospital are also on standby.

Due to the lack of specialist doctors, many patients cannot be admitted to Kuanshan Tzu Chi Hospital. For example, patients with myocardial infarction, gastrointestinal bleeding, drug poisoning and other critical conditions must be transferred to other hospitals for further treatment. When a patient needs to be transferred, the ambulance driver and the transport nurse must be ready to depart either to Hualien or Taitung, with the goal of delivering the patient safely to the destination in the shortest amount of time.

Because of limited resources, the emergency room of this little town must transfer most of its patients to a major hospital for proper medical care. However, providing timely medical care in a life-threatening situation has earned the emergency room the gratitude and appreciation of its patients and their families. Even though the staff and cost pressures are reflected in the monthly loss statements, Kuanshan Tzu Chi Hospital still holds on to its belief in watching over the underprivileged and strives to be a strong support for the people of the rural community.

Love Follows Like a Shadow



The 2019 Reunion & 26th Anniversary of Buddhist Tzu Chi Stem Cells Center

By Chen Li-Xue, Chang Li-Yun, Wu Jing-Hui, Liu Chen-Chen



This is a time of gratitude and tears!

There is a kind of love that is destined like a shadow - whenever and wherever!

On the 19th and 20th of October 2019, the BTCSCC(Buddhist Tzu Chi Stem Cells Center) held a certificate program in the Jingsi Hall at Tzu Chi's Taichung branch for its twenty-sixth anniversary. This annual reunion between donors and donees started at 12:30 pm on the nineteenth this year. There were eight couples (donor

and donee) at the reunion. People came from as far as Liaoning Province (China); and the ages of the participants ranged between twenty-five and sixty-five. One donor postponed plan to bear child, some dedicated to their family members who suffered from leukemia, while others simply wanted to make a difference. A patient who successfully paired with another person's similar genetic makeup and regaining life thereafter is truly one of humanity's most beautiful miracle.



The 2019 reunion of the Buddhist Tzu Chi Stem Cells Center was held in the Jingsi Hall in Taichung. Eight donor and donee pairs participated, and representatives from each hospital also arrived to witness the miracle of life.

The Joy of Rebirth

“I am here because of your kind love.” Recipient Zheng Xukai, 30, used to work as a barber. However, when he was twenty-two, he had a high fever with no signs of receding after catching a cold. His skin was tinted and inflamed with bruises, his left eye vision began to deteriorate, and he could not breathe after climbing stairs. After visiting the Tri-Service General Hospital, he was diagnosed with severe aplastic anemia.

His family could not find compatible bone marrow donor so they sought help from Tzu Chi's bone marrow database. In February of 2013, he was able to receive a transplant. After the rebirth, his mental state, blood type, and body witnessed a change for the better. Afterwards, he became a new father. At the reunion, he joyfully thanked his donor for a new life and the opportunity to nurture his son.

Zheng seldom fell ill; his diagnosis was a jolt from lightening, especially for his parents who shed many tears for their eldest son. His father worried that



愛如影隨行
Buddhist Tzu Chi Stem Cells Center Anniversary
守護生命 你我同行

Zheng Xukai's mother (fourth from the right) said to Lan Sanliang (center), "You are our benefactor! While I could not do anything, you saved our entire family!"



After the reunion event, a tea session was held. Lan Sanliang (Second from the right), watched Zheng Xukai bottle feed his son, awed by the beauty of life. His donation of bone marrow not only revived a life but also produced another.

father and son would not have much time together, so he would frequently pray to the Buddha, and became so stressed that he was hospitalized due to a cardiac arrest. Zheng used to be rebellious and often argued with his parents. While he was in the hospital, his parents always needed to make arduous trips to the hospital to visit him, and he felt the burden and wanted to give up therapy. Finally, a donor came to his rescue for a second chance for life. After a successful marrow transplant, Zheng happily married his girlfriend, and she gave birth to a son in May of 2019.

After the transplant, Zheng's weight rose from a staggering forty kilograms to seventy-three kilograms, so his family guessed that his donor was also of a robust figure. As expected, Lan Sanliang was a towering man. When he appeared on the stage with his mother and two children, Zheng's father was speechless, and Zheng's mother gratefully referred to him as Zheng's "life savior". Lan Sanliang claims that he was incredibly lucky himself. When he was notified that there was a patient with compatible genetic information waiting for a transplant, he thought, "I can finally make a difference in someone's life!"

The Ordeal of an Illness at a Young Age, Increasing the Meaning of Life thereafter

Jiang Hanwei, the youngest of the recipients, was accompanied by his grandmother, mother, and sister when he met with donor Chen Yingxiu and her family. When Jiang was a student at the National Taiwan Normal University at 18, red spots began to appear on his back. His mother thought he had gotten a rash which healed in three to four days. Once, he was hit in the mouth while playing softball and his gums was bleeding. The dentist checked his mouth and began cleaning the affected area but it would not stop bleeding. After being rushed to



the ER, he was diagnosed with aplastic anemia, a condition when the body is unable to produce blood cells on its own. He had to have blood injections every two days. After a successful transplant, he is now twenty-five years old. No one was happier than his grandmother, Lin Sumei. Back then, she was a commissioner in the Taoyuan division of Tzu Chi and a recycling volunteer. When her grandson fell ill, she was incredibly stressed. Now that she had her healthy grandson back, she felt very blessed.

Lin Lizhu, Jiang’s mother explained excitedly while overcoming with gratitude, “We were incredibly lucky. Seven people were matched with my son but four of them were willing to donate. At that point, we left the final decision in the doctor’s hands. We trusted that the doctor would choose the most suitable donor!” Lin believed that karma from her daily kindness and merit reciprocated to her son. At the reunion, Lin could not wait to get a hold of the microphone and thank Chen for her kind deed, which allowed her son to pursue studies.

When Chen Yingxiu registered with the bone-marrow database, she was only a student, and it was not until she was a mother with two children before she was notified of her successful pairing. Because of her children, she worried about her health post-transplant. Her mother also objected to her choice,



Jiang Hanwei’s (upper left corner) friends came to visit him when he was hospitalized. Two of his friends even accompanied him when his head was shaved to provide moral support.



After his transplant, Jiang Hanwei (second from the left) participated in the 2018 worldwide bone marrow donors’ event.

but her husband, Huang Qinghui, did not wish anyone else to lose a family member like how he lost his brother-in-law who failed to find a match for marrow donor. He encouraged his wife to save the patient while she could.

Jiang read from his own letter to his “sister”. “I must be your long lost family! Your blood flows in my veins, and we were able to find each other in the midst of this large world. It must be fate

for me to be connected to you by 10 c.c. of your blood...” This connection of blood tied two families together and allowed life to continue. After recovering from his illness, the young Jiang sighed in realization, “Life is like a tea egg; it must be cracked for the flavor to seep through. I must thank you for your help. You are the luckiest person on earth...”

Jiang said to Chen, “We are like a pair of long-lost siblings. I already have two older sisters, and now I have one more!” Chen grasped her brother’s hand and replied in the same sentiment, “We are. My mother has three daughters; she’ll be glad to have another son.”

Empathy for Cancer Patient - Bone Marrow Replicates Happiness

Happiness can indeed be replicated. All donors are replicators of happiness.

In 2019, BTCSCC released a new book, titled, “The Cells of Love”. One of the patients described in the book is Li Yani, who also appeared in the 2018 reunion. Ten years ago, she was lucky enough to be paired with a donor, and her parents, sister, husband, and mother-in-law were accompanying through this obstacle of life. She attributes her



Jiang Hanwei said to Chen Yingxiu, “We are like a long-lost pair of siblings. I already have two older sisters, and now I have one more!” Chen Yingxiu was delighted that she had contributed to society by saving a hardworking student.



eventual conception of twins to her donor, who was able to bring her such happiness. She wished to replicate this happiness and repay her donor, while giving support to those still trapped with illnesses.

While a patient needs the support and care of family members, people who volunteer to take action and register in the database as donors are also essential to bringing happiness to leukemia patients and spreading love around the world.

After his wife recovered from lymphoma, Lin decided to repay by becoming a donor after a week of consideration, allowing Lin Genliang, an accompanying volunteer, to rest assured. At the same time, the ripples of kindness continue to spread and increase in size, one kind act at a time. The recipients bring this love to the hospital to cheer patients.

After a Near Death Experience, Paying Forward

Chen Sujing recalled her experiences with chemotherapy: constant nausea, a jarring pain in her throat even when she swallowed her saliva because of ulcers in her oral cavity, and being prohibited from eating solid foods. This never-ending cycle of crying, eating, and throwing up took an even larger toll on her health

as she dragged her weak body around the room in an attempt to exercise. Eight months after the transplant, she was hospitalized due to a fever, rashes on her skin, and pain in her thighs and



It was only when they met that Chen Sujing learned donor Lin Hongzhi had his personal experience caring for his wife, who is also a cancer survivor. She thanked Lin dearly for his act of kindness.



Two years after her transplant, Chen Sujing volunteered in the Tzu Chi Bone Marrow Support Group to visit patients, clearing confusion by sharing her own experience.

buttocks, and even taking a single step was incredibly difficult.

Two years after her transplant, she joined Tzu Chi's Bone Marrow Support Group to visit patients, sharing her own experience during her illness to clear any possible confusion in the patients' minds. Her parents worried about her health, urging her to refrain from volunteering until she had fully recovered. However, she felt the urge to do the right thing. She said, "In 2016, my father passed away from a tough battle with cancer. While I grieved for his death, I was also thankful for my donor for putting me in decent health to assist my father through his last days."

A Single Transplant Ended a 20-year-long Blood Transfusion

"When I heard that my husband only had six months left, I did not know what to do, especially because my two children were still young. I cried every day after hearing that news." Zhang Guozhen's wife held back tears as she spoke of how he was diagnosed with aplastic anemia at 33 and the mental suffering she experienced as a result. Many of their family members strongly encouraged both of them to live on, and she constantly prayed for her husband's health, thinking, "As long as I can see my two children growing up as adults, I have



Zhang Yuhao (second from the right), Zhang Guozhen's son, clutched donor Li Zhiheng's hand emotionally and said, "I cannot thank you enough for what you did. Back then, both my father and sister were ill. If you were not here, I would have lost two members of my family."

no regrets to leave the world with my husband."

When Zhang was fifty-eight, he was struck by acute myeloid leukemia, and the doctor announced that he only had four months left. As his bone marrow was not producing blood cells after chemotherapy, so the doctors attempted blood transfusions. He went from visiting

the hospital every month to every half-a-month. At the end, a blood transfusion could not even last him a week. There was no alternative but a bone marrow transplant.

The Struggle with Illness and the Loss of a Daughter

When Zhang had finally met a compatible bone marrow donor, there was internal bleeding in his skull and a general lack of blood platelets, so he was not in a good shape for the transplant procedure. At the same time, his daughter, who was a nurse, was diagnosed with a brain tumor. Suddenly, a family was hit with two members going down; they had no choice but to start

saving the daughter first.

The hospital personnel did their best to maintain Zhang's health, but the donor had to delay the procedures due to some personal matters. This worried Zhang, as his only hope of survival was about to slip out of his fingers. After six months, when the marrow arrived, his doctor asserted, "If I can get you into the surgery room, I can get you out alive!" This increased Zhang's confidence significantly.

It was also confidence that guided the Zhang family through the three months of the post-operative life. Although there were many dangers along the way, the love that accompanied helped him to persist through all difficulties. Zhang's wife recalled the time that she took care of him, "Every time he had a fever, his whole body would turn red. He received IV after IV to avoid infections. He was wrapped with so many bandages that he looked like a mummy and frequently had an upset stomach. His skin would also peel off in layers..."

When the withered leaves fall, fresh leaves will sprout in their place. Watching her husband being healthy and strong, Mrs. Zhang thought, "My husband's savior must be tall and strong, because his healthy cells changed my husband's health for the better."



Li Zhiheng postponed their plan of in vitro fertilization and reached a consensus with his wife, "We will temporarily pause our plan. I need to save a life first!"

Save a Life or Create a Life? The Ultimate Dilemma

The spotlight followed the robust figure of Hsinchu computer engineer Li Zhiheng and his wife onstage. At this sight, Mrs. Zhang could not contain her emotions and wrapped them in a tight hug, while Zhang said gratefully, “I cannot thank you two enough for what you did. Back then, both my father and sister were ill. If you were not here, we would have lost two members of our family.” After two surgeries and various other means of therapy, Zhang’s daughter could not be saved and passed away in November of 2018, leaving a wound on the Zhang family’s hearts. Although she was not as lucky as her father, host Chen Zhuqi comforted him, “Your daughter is watching from the heavens and will be incredibly happy. Your recovery is your best gift for her.”

“Everything is worth it! I am delighted that you are back in full health and that I have done my part to save a life.” Li registered in the database back in 2003, and it took ten years for him to be granted the chance to rescue a patient.

However, the timing of this notification was a bit inconvenient for Li because he had always wanted a child. He and his wife were attempting in-vitro fertilization, and his wife had already gotten ovulation induction injections. At



When Wang Qicheng fell ill, his son was only six months old. In fear that his son would be fatherless, he recorded his congratulation to his son on his twentieth and thirtieth birthday.

the end, he reached a consensus with his wife, saying, “Let’s postpone our plans. Saving a life is the top priority!”

When the truth about the delay was revealed, Mrs. Zhang gazed at the two reluctantly, “I’m sorry for causing such an inconvenience!” Zhang pointed to his vest and added, “I’m sorry that you had exchanged your plan with my life.” Li did not seem to mind, as he believed that they still had chances for a child. He added, “There are no severe repercussions to donating bone marrow. Please believe this. Helping another person is a very rewarding experience. If you have the chance, do help.”

The Family - the One Thing Worth Fighting for

Wang Qicheng was 39 years old when he was diagnosed with leukemia. Back then, his third eldest sister was also fighting lymphoma. He thought, what would his family like if he could not be there to raise his six-month-old son? He recorded his last words in video so that his son could see the message when he grows up. Fortunately, this video never served its purpose. Wang was lucky enough to receive a donation and survived this ordeal. Huang Yahui, his wife, was ecstatic and grateful, as she would take her child from Yunlin up north every weekend to see her husband.

Reflecting on his difficult days, Wang said, “Some say that there is nothing worth living for, but I need something to motivate me to fight!” His son was only six months old when Wang fell ill, and his greatest fear was not able to raise his son who definitely noticed the love during those days. “Whenever I go see him, he seems to be always in pain, but he manages to smile at me brightly.” Although he was young, he still remembered the warm love swimming in his father’s eyes. “It was like he was trying to tell me that he loved me so much!” Now that their family was preserved, Wang’s wife said, “We can live happily together now. Back then, I could not even think what would happen the next day.”

Upon meeting his father’s savior, Wang and his mother kneeled down in gratitude, refusing to rise. The audiences were tearful at the scene.



I Must Save Him!

The donor is Huang Baoqing, the youngest of all the donors present. Upon seeing their savior, Wang's wife, with her son in tow, fell on their knees in gratitude. Huang kneeled down too apologetically, saying, "Please, don't!" When notified of a successful pairing, Huang told himself, "I must save this person! I must give them hope and not put them down!" He told the guests at the reunion that helping others in need is not as painful as it seems. With one small act, one can help an entire family in peril.

Coincidentally, both Huang Baoqing and Wang Qicheng pursued a career in finance and economics. With a simple and harmless donation of bone marrow, a family could be saved, the quality of a life could be persevered, and a new cycle of kindness continues.

Struck by Lymphoma, Rebirth in the midst of Desperation

When Liu Junming was twenty-six years old, he went to the hospital because of a constant pain under his armpit. There, he was diagnosed with lymphoma. After two years of chemotherapy, his illness showed no signs of slowing, so he had no choice but to get help from Tzu Chi's Stem Cell



With Huang Baoqing's determinations to save a life, these two were able to meet today. During tea time, they assured each other, "From now on, we are brothers!"



Both donor Tian Jiaqi and donee Liu Junming are not particularly outgoing people, but they both appreciate each other with blessing and gratitude.

Database and was fortunate enough to receive a compatible donation a year later. "When I saw that packet of blood travelling into my body, I thought to myself, my new life is here!" When he saw his savior, the normally shy Liu gave his donor a huge hug.

Before donating, 33 year-old Tian Jiaqi realized that he had high blood pressure, so he did his best to adjust his diet and took medicine to control his blood pressure. With this donation,



The volunteers involved in the donations were also at the reunion, enjoying the moment that new lives were made.

both the donor and the recipient became healthier. Donor Tian said, “People are connected together by fate. Since it is good intention, I should utilize the opportunity to help more people and keep the cycle of kindness going. If I have the ability to give another a second chance, why should I not give them this chance?”

Living the second half of his life with the blood of a stranger is the best way for Liu to repay his donor’s act of kindness. As Liu said, “All of my suffering is in the past! Now I just have to live in the present, starting from today.”

Donation of a Head Nurse Rescued a Family

The onset of leukemia almost split a forty-year-long couple. Lu Qiue, now 61, was diagnosed with acute myeloid leukemia six years ago, during which the entire family was living in a dark shadow. Chen Xingnong, her husband, was prepared to spend all the family savings to save his wife. When Lu was hospitalized, her children resigned from their jobs to care for her around the clock. Perhaps heavens were touched

by such dedication and helped her locate a compatible donor, preserving her family. Chen's daughter said, "We would disinfect the entire bathroom before use. After use, we would disinfect the bathroom again. However, not long afterward, she would need to use it again, but we still disinfected accordingly. Every single one of us did the same routine."

After Lu's recovery, she frequently cooked and was livelier than ever before. Chen joked, "A young thirty-year-old woman gave her the bone marrow, so I tell her that she is like thirty-year old with bad temper."

Donor Cheng Qiurong was a Tzu Ching and registered in the database back then. After she became a nurse, she forgot about this matter until she was notified that she was a matched donor for a patient in need. "I thought the donation process was not that worrisome. I was fairly healthy back then, and a simple blood donation was sufficient. Besides, a compatible donor is extremely difficult to come by, so I am incredibly honored to become a donor."

Cheng is a mother of two, and her youngest daughter was not even a year old at the time. She said her daughter considers her mother a superhero



Recipient Lu Qiue was in tears when she saw her donor Cheng Qiurong, and she could not stop thanking her.

because of what she had done. “Medical technology is more advanced nowadays. Bone marrow cells can now be filtered out from a blood donation. In the past, bone marrow cells had to be extracted from the pelvic bone, which was less convenient and painful.” Now that she has heard of the Chen family’s sufferings, she felt that all she had done was worth it.

Worry about Foreign Marriage and Death - Saved by Her Brother in Taiwan

Recipient Zhao Hongyan was case number 3612 from Liaoning Province. When she walked on stage, she was in tears: “It’s been five years. I miss my brother! Where are you? I’ve been hoping to meet you for over five years!” Despite not knowing the details of her case, the audience burst into tears at this sight. She cried, “I am an only daughter! I’m afraid of marrying off to a foreign land, and I’m afraid of dying! Only stem cells could save me!”

In November of 2013, Zhao was a teacher at the middle school affiliated to Liaoning University when she was hospitalized because of flu. She was then diagnosed with acute lymphoblastic leukemia. Her family found a compatible donor through the China Marrow Donor Program, but reneged after six months. The entire family was drained of options.

Her father was willing to trade a life for a life and donate his own bone marrow, but he was worried that his old age of 66 would not allow him to yield normally active bone marrow. Her mother could not take such a loss and was diagnosed with ovarian cancer two months later. The whole family instantly crumbled. Everyone needed to take sleeping pills to fall asleep every night, and sometimes people would awaken in the middle of the night and cry. Her father borrowed money from family members everywhere to afford his daughter’s hospital fees. One year, in the depth of winter, he rode his bike through the cold outdoors while crying. His tears drenched his face



In 2014, the Zhao family had moved to Beijing in an attempt to seek treatment and take care of Zhao Hongyan, while her father tried to gather money in Dalian.



Zhao Hongyan embraced Lin Zheqian's mother and cried, "Mother!" Lin Zheqian's mother replied humbly, "We are incredibly lucky to be able to help you!" (Picture taken by Liao Weichen)

mask and froze into ice as he asked the heavens, "Why is my life so difficult?"

Later on, a compatible donor was found through Tzu Chi's Stem Cells Database. On July 9, 2014, she received the transplant. As the bright red blood was transferred into her body, a ray of sunshine seemed to shine through the family, and smiles began to emerge on their faces. When she found out that the donor was two years older than her, Zhao Hongyan told her son that his veins were flowing with the blood of a "Taiwan uncle".

To meet her "brother", she and her entire family traveled from Dalian to Xiamen. However, because they did not have a visa, they could not travel to Taiwan. However, Zhao Hongyan was not willing to give up yet. She wrote a letter to Tzu Chi, and the two were finally able to meet today. When she saw Lin

Zheqian, her savior, show up before her eyes, she bowed kowtowed three times and rushed to embrace him. The audience was touched and embraces in an ocean of tears at this sight.

Lin admitted shyly, "I used to fear thinking about the outcome of my donation because I would be devastated if the transplant failed!" Zhao walked up to Lin's mother and embraced her passionately, crying, "Mother!" Upon the adding of a new family member, Mother Lin replied humbly, "It is us that are lucky enough to be granted the chance to help a person! I cannot thank Master Cheng Yen enough for this opportunity!" Zhao also brought her family portrait and told Lin, "I locked your card for me in a safe. Thank you for saving our entire family (including my parents)!"

Ever since The Buddhist Tzu Chi Stem Cells Center was established



in 1993, four-hundred and forty-four thousand people have registered in the database, and 5,471 successful donations and delivered to 31 countries/nations to save life. Such inspiring statistics have truly proven that Taiwan is a country full of love. The Buddhist Tzu Chi Stem Cells Center still continues to advocate registering in the database, for one extra 10 c.c. of blood can increase the chances of a patient being saved.

Two strangers with similar genetic DNA were able to meet in this vast world of people due to fate, allowing a leukemia patient to earn a second chance at life! It was due to Master Cheng Yen's call

of action in 1993, "Saving a life does no harm to the body", that over five thousand families are preserved. This love will forever be preserved in the hearts of the donors and recipients.



The reunion of donors and recipients brought out tears of joy in the volunteers.