

Humanistic Medicine with Reverence for Life.
Saving Lives, Safeguarding Health, and Upholding the Spirit of Love.



Tzu Chi University

TEL: 886-3-8565301

701, Chung Yang Rd., Sec.3 Hualien, Taiwan 970



Tzu Chi University of Science and Technology

TEL: 886-3-8572158

880, Sec.2, Chien-kuo Rd. Hualien, Taiwan 970



Buddhist Tzu Chi Medical Foundation

Hualien Tzu Chi Hospital

TEL: 886-3-8561825

707 Chung Yang Rd., Sec. 3, Hualien, Taiwan 970

Yuli Tzu Chi Hospital

TEL: 886-3-8882718

1-1, Minchiuan St., Yuli Town, Hualien County, Taiwan 981

Kuanshan Tzu Chi Hospital

TEL: 886-8-9814880

125-5, HoPing Rd., Kuanshan Town, Taitung County, Taiwan 956

Dalin Tzu Chi Hospital

TEL: 886-5-2648000

2 Min Shen Rd., Dalin Town, Chia-yi County, Taiwan 622

Taipei Tzu Chi Hospital

TEL: 886-2-66289779

289 Chen-Kua Rd., Sindian Dist., New Taipei City, Taiwan 231

Taichung Tzu Chi Hospital

TEL: 886-4-36060666

88, Sec. 1, Fengxing Rd., Tanzi Dist.,
Taichung City, Taiwan 427

Douliou Tzu Chi Hospital

TEL: 886-5-5372000

248, Sec. 2, Yunlin Rd., Douliou City, Yunlin County, Taiwan 640

Chiayi Tzu Chi Clinic

TEL: 886-5-216-7000

383, Ren-Ai Rd., 1st Neighborhood, West Dist.,
Chiayi City, Taiwan, 600

Sanyi Tzu Chi Chinese Medicine Hospital

TEL: 886-3-755-8666

24-9, Bagu Rd., Sanyi Township, Miaoli County, Taiwan 367

Tzu Chi Outpatient Department, Suzhou

TEL: 86-512-80990980

367, Jingde Rd., Gusu Dist., Suzhou City,
Jiangsu Province, China

Tzu Chi Hospital Indonesia

TEL: +62 21 50950888

Jl. Pantai Indah Kapuk boulevard, RT.6/RW.2, Kamal Muara, Kec.
Penjaringan, Kota Jkt Utara,
Daerah Khusus Ibukota Jakarta 14470

TZU CHI Medical & Nursing Care

Dharma Master's Blessings

- 6 Sincere Medical Humanistic Culture

Editorial

- 8 Medical Care is a Sacred Profession / Lin Chin-Lon

The Pride of Taiwan Health Care

- 28 The Medical Dedication Award Honoree
Dr. Lin Chin-Lon, CEO of Buddhist Tzu Chi Medical Foundation

Worldwide Medical Missions

- 34 Ontario, Canada
Acupuncture and Application of Traditional Chinese Medicine to Protect the Health of the Tribal Aborigines

Affinity of Marrow Stem Cells Donation

- 38 An Alternative Goal for Coming to Taiwan / Chen Ching-Hsiang & Liu Chen-Chen
44 The Young Boy Met His Life-Saving No-Blood Related Uncle
/ Chen Ching-Shiang & Liu Chen-Chen

Superb Medical Care Saves Lives

- 50 Miraculously Saving a Ruptured Heart / Tseng Tsiu-Ying
54 Repaired Both Legs, Regain Mobility / Xie Xinpei

Health Station

- 60 Anterior Cruciate Ligament Repair
– Surgery and Strengthening Rehabilitation / Chen Ping-Hung

Hospital Diary

- 64 Hualien Operating Room with a Human Touch - Pediatric Surgery and Anesthesia Without Tears
Taipei Emergency CPR in Four Minutes Saving a Dying Person
Kuanshan Alleviating the Suffering Caused by Diabetic Feet
– A Pair of Shoes Embodies a Doctor's Love and Concern
Taichung Home Visit by the General Surgery Team to Show all-round Concern for the Patient
Douliu Medical Staff Bring Warmth in Winter, Rolled Up Sleeves to Build a Home for a Tzu Chi Care Recipient
Dalin Never Give Up, Even with End-Stage Lung Cancer

Cover
Story

P.12

Spinal Cord Stimulation as a Perfect Walking Aid



Spinal Cord Stimulation Therapy at
the Department of Neurosurgery,
Hualien Tzu Chi Hospital

/ Hana You, Chen Ping-Hung

24 Intelligent Robots as the Backbone
of Rehabilitation / Hana You

TZU CHI NURSING CARE

Cover Story

P.82

Humanized Intelligent Nursing Care

/ Wang Shu-Chen

Tzu Chi Nursing Digital Transformation and Application Experiences

96 Development of an ACLS First-Aid Process Recording System – Saving Lives Is Priceless / Chang Hui-Ying

100 Cloud-based Wound Healing Network in Hualien and Taitung / Hsu Mei-Yu

104 Tutoring Nursing via VR / Chiang Ju-Ping & Chou Ying-Fang

Volunteer Companionship

106 The Taste of Bliss from Volunteers in the COVID-19 Pandemic / Lee Huei-Mei

Between Sick & Care

108 A Diploma for Overcoming Sputum Suctioning / Wang Chia-Ling

112 The Smile Is a Natural Antidote / Luo Yin-Zhu

Angel's Diary

116 Do not Fear the Bully – Be Confident and Expressive / He Sin-Yun

White Coat vs. White Uniform

118 Nurses, You Are the Best! / Dr. Yeh Kuang-Ting

People wearing masks in the photos were following the COVID-19 prevention regulation during those periods.



Honorary Publisher	Dharma Master Cheng Yen
Honorary Consultants	Wang Duan-Zheng, Lin Pi-Yu
President	Lin Chin-Lon
Editorial Board	Wang Peng-Jung, Chang Wen-Cheng, Chang Sun-Yran, Kuo Hann-Chorng, Lo Wen-Jui, Lin Shinn-Zong, Chien Sou-Hsin, Chen Yen-Pi, Poon Win-Him, Chao You-Chen, Lai Ning-Sheng, Ingrid Liu, Chen Tsung-Ying, Chuang Shu-Ting, Chien Jui-Teng
Consultants	Chen Ing-Ho, Chang Yao-Jen, Wang Ji-Hung, Wu Ping-An, Hsu Wen-Lin, Shyu Rong-Yaun, Chang Heng-Chia, Chen Peir-Rong, Lin Jhih-Yan, Chen Jin-Cherng, Wang Jen-Shu, Lai Chun-Liang, Lin Ming-Nan, Hsu Chuan-Jen, Tsai Hin-Yeung, Yang Shei-Dei, Cheng Chin-Feng, Hsu Chung-Ping, Huang Chih-Yang, Ho Tsung-Jung, Wu Sheng-Teng, Chen Hsing-Chu, Lin Tin-Kwang
Editors-in-Chief	Her Rey-Sheng, Chang Shu-Chuan
Deputy Editors-in-Chief	Tseng Ching-Fang, Chung Hui-Chun, Chen Chia-Jung, Wu Chiu-Feng, Chang Mei-Fang, Peng Tai-Chu, Chang Chi-Ping
Executive Editors	Wang Shu-Chen, Lin Yu-Chuan, Chao Shu-Mei, Liao Hui-Yen, Liao Ru-Wen, Ho Yu-Ping
Compilation Editors	Wang Chang-Tao, Wang Wan-Hsiang, Jiang Jiin-Ling, Yu Tsui-Tsui, Wu Wan-Ru, Lee Yen-Fang, Lee Li-Chu, Lee Chung-Jen, Chiu Szu-Ching, Lin Jhih-Yu, Lin Shih-Chun, Lin Hsing-Long, Lin Chu-Ru, Kuo Jen-Che, Fan Chiang Yu-Chen, Shih Cian-Huei, Ma Yu-Chin, Kao Hsia-Tzu, Chang Yu-Ting, Chang Kai-Yen, Chang Lu-I, Chang Ya-Ting, Chang Mei-Chuan, Tsao Ying, Chen Szu-Chin, Chen Mei-Hui, Chen Hsiao-Mei, Chen Heng-Hui, Chen Yi-Hsuan, Chen Yueh-Er, Chen Chiu-Yen, Shu Shao-Hui, Chuang Jui-Lin, Lu Shiou-Fang, Fu Shu-Ying, Chen Yu-Lan, Feng Jul-Ling, Yeh Hsiu-Chen, Yeh Hui-Ling, Huang Shu-Wen, Huang Jun-Ho, Tai Chia-Hui Tai, Liao Jil-Ian, Liao Su-Jung, Liu Yi-Ting, Teng An-Na, Cheng Li-Chuan, Cheng Ya-Chun, Tsai Chuan-Hsiu, Tsai Pi-Chueh, Tsai Shin-Yann, Chao Yung-Fang, Lai Hui-Ling, Hsieh Mei-Lin, Yen Ya-Hui, Lo Shu-Fen (by the order of Chinese Last Name)
Correspondents	Hana You, Joni Yu, Pan Wei-Han, Hsieh Ming-Jin, Chang Chia-Ling, Chang Wen-Yu, Huang Kun-Feng, Chen Hui-Fang, Huang Szu-Chi, Chiang Chia-Yu, Chung Huai-Hsuan, Liu Chen-Chen, Chiang Pei-Ju, Huang Hsiao-Chuan, Chang Chu-Fen, Liao Wei-Ching, Tsao Yun-Chi, Ma Shun-Te, Tseng Hsiu-Ying, Lee Chia-Yi, Yeh Hsiu-Pin, Yang Chin-Yen, Hong Jing-Ru
Managing Editor	Huang Chiu-Hui
Art Designers	Hsieh Tzu-Fu, Lee Yu-Ru
Web Designer	Shen Chien-Min
Administration	Wu Yi-Fang, Lin Chih-Yi
Special thanks to	Volunteers of Tzu Chi USA Humanitarian Development Department, Tzu Chi USA
Translation Coordinator(USA)	Kit K.Lo
Translators	Alison Tsai, Ally Hsieh, Hanpin Kan, Ingyung Tse, Olive Chen, Helen Chiao, Wesley Tsai, Fushan Yeh
English Editors	Kit Ho, Charles Letizia
Publication	The Office of Communication with Humanities, Buddhist Tzu Chi Medical Foundation
Service	+886-3-8561825 ext.12120
Website	http://www.tzuchi.com.tw
Printed in Taiwan	Yu-Li Color Reproduction Co., Ltd. Hold-Corn Color Printing Company

Tzu Chi Medical & Nursing Care is owned and published by Buddhist Tzu Chi Medical Foundation
707, Chungyang Rd., Sec. 3, Hualien City, Taiwan 970

Copyright © 2023 Buddhist Tzu Chi Medical Foundation. All rights reserved.

For environmental protection, Tzu Chi Medical & Nursing Care uses recycling paper and ink for printing.

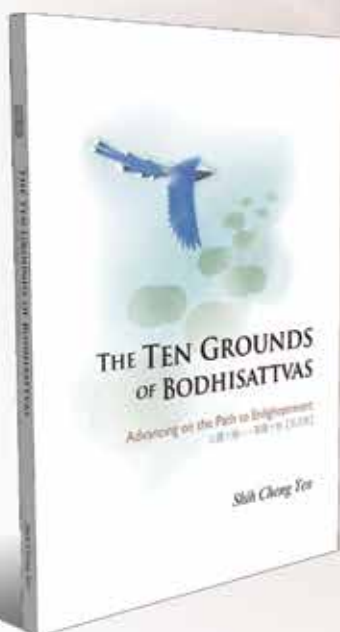


THE TEN GROUNDS OF BODHISATTVAS :

Advancing on the Path to Enlightenment

《心靈十境——菩薩十地》英文版

Using examples from both present-day life and Buddhist classics, Dharma Master Cheng Yen describes the ten grounds that bodhisattvas go through in their practice. Each ground builds on the previous, from the ground of joy all the way to the ground of the Dharma-cloud. By progressing through these grounds, ordinary beings can gradually proceed toward the stage of supreme, universal and perfect enlightenment.



Author: **Shih Cheng Yen**

Language: English



Book copies are available in Amazon and Jing Si Books & Café.



Sincere Medical Humanistic Culture

We always say the world of human beings is suffering, especially so in our medical mission where we see people fighting poverty, disease, homelessness and broken families, they are true suffering after all.

Doctor's mission is to save lives - a good intention. However, once inside the real world, that enthusiasm gradually disappears. How do we sustain the original anxiety? It requires a good environment. Tzu Chi hospitals are built not only for good medical knowhow, but also for the humanistic culture to protect doctors' initial resolve and to sustain the enthusiasm.

Let me express my gratitude for all the people in the Tzu Chi Medical Mission. They work together in harmony, encourage one another as if people are protected within a shield. They treat patients based on their health need, even when they have no financial means. If there is an opportunity to save lives, we will do our best.

I often heard of many doctors joined forces in order to save a life. One operation can last for ten to twenty hours, and sometimes over twenty. I admire Dr. Hsieh Shih-Rong at the Taichung Tzu Chi Hospital who meticulously drew a heart to illustrate his operation. Each heart looks beautiful to me. Heart operation is often like a thriller. There was one incident when he was called at 2 am in the morning to join other doctors inside the operating room. It is touching to see our doctors working diligently to save lives.



I always felt it was fortunate to create the Tzu Chi Medical Mission, otherwise what do we do with those suffer? When we started the first hospital, we had nothing. Each grain of sand, each brick requires great effort. We are grateful for all the people who supported us so we can have seven hospitals in around Taiwan, leading a medical mission with sincerity and humanistic culture.

Looking back, each contribution is valued with great impact. “Sutra is the way, and the way is our path.” When we walk the walk, we talk the talk, and we backed them up with humanistic history. I hope everyone will continue diligently on the path to kindness and to record a living history.



Medical Care is a Sacred Profession

Lin Chin-Lon, CEO of Buddhist Tzu Chi Medical Foundation

The COVID-19 pandemic has ravaged the world for two years, which evokes a lot of emotions in me as a doctor. Without a strong sense of mission and willpower, medical and healthcare personnel wouldn't bravely don several layers of protective gear and combat the virus at the frontline around the clock with no regard for their personal health and safety. They are deeply devoted to saving and curing their patients and don't dare to return home for fear of infecting their loved ones. They stay in hospital dorms and don't reunite with their family members as long as they are on rotational duty in the dedicated wards. Whenever I think of their resolution and determination to save patients with no regard for their own lives, I am filled with awe. Being a doctor is a sacred profession and our patients are our sole purpose of existence.

In the Merriam-Webster Dictionary, "profession" is defined as follows: The act of taking the vows of a religious



community; an act of openly declaring or publicly claiming a belief, faith, or opinion; a calling requiring specialized knowledge and often long and intensive academic preparation. According to this definition, professionalism requires sentiments comparable to religious feelings in addition to a willingness to contribute to society. It also requires a certain level of dignity, high moral ground, and a sense of propriety, and a clear understanding of what is

appropriate and what not.

Doctor-patient relationships are characterized by sincere concern. The value of the lives of healthcare personnel is unlimited and cannot be measured in monetary terms. This preciousness is perfectly demonstrated in every medical practitioner who boldly faces the challenges posed by the COVID-19 pandemic worldwide.

This has been the essence of the healthcare profession for thousands of years. The ubiquitous patient-centered philosophy entails the following two tasks: alleviation of pain and prolongment of life. Since ancient times, our medical predecessors have espoused the following five pillars of medical ethics (ABCDE):

- 1. Autonomy**, which means that a patient has the ultimate decision-making responsibility for his/her own treatment and is not subordinate to his/her doctor but must follow the doctor's instructions.
- 2. Beneficence**, which implies a moral duty to promote the course of action that is in the best interest of the patient.
- 3. Confidentiality**, which requires medical practitioners to maintain strict confidentiality of the secrets disclosed

by patients who bare their souls and entrust their lives to them.

4. Do not Harm (Non-maleficence), which states that a medical practitioner has a duty to do no harm or allow harm to be caused to a patient through neglect.

5. Equality-Justice, which implies equal access to health care irrespective of age, skin color, ethnicity, and wealth; medical care should not be a privilege of the rich but a right enjoyed by all citizens regardless of their financial ability.

This clearly shows that medical care is a sacred profession whose true value lies in genuine concern between humans.

However, modern health care has lost its way in the jungle of rapid technological advances such as Computer Tomography, Nuclear Magnetic Resonance, Da Vinci Surgical System, and AI-based health care. Despite the fact that these technologies are capable of targeting and solving health issues in a precise manner, they are getting more and more expensive and cannot replace fundamental doctor-patient relationships. Since both doctors and patients are humans, their relations

belong in the category of interhuman relationships which can be divided into the following three dimensions: cause no harm, respect, and assistance. For healthcare professionals, the lowest tier is the bare minimum required by law. The second tier consists of maintenance of ethics and morality, respect, and doing no harm to the patient. The most important dimension is the third tier, which requires offering a helping hand to patients. There are no legal provisions in any country that require medical practitioners to help other people, but this is indeed the essence of medical care.

In the earliest days, medical care was a simple one-on-one interaction since there were no advanced examination instruments. The American proverb “One ill, one pill, one bill” describes this simple process which consists of the doctor treating one kind of disease, prescribing one kind of drug, and issuing one bill. The golden days of medicine were characterized by this purest form of doctor-patient relationships. This concept underwent significant changes after the establishment of hospitals for admission and treatment of patients. Since running a hospital is associated with

considerable costs, economic benefits are a key prerequisite for sustained operations. For instance, technical or administrative personnel can schedule patient examinations in 15-minute intervals for each X-ray machine in the Department of Medical Imaging, which represents the most beneficial arrangement and optimal usage of these devices. Medical apparatuses and instruments are not only pricey but also subject to depreciation and maintenance and must therefore be deployed in a cost-effective manner. The patient-centered care concept can be illustrated with the following example: A disadvantaged patient residing in Ruisui Township in Hualien County has to spend 3,000 NTD on the taxi fare for the round trip. The aforementioned concept is clearly violated if he is told to come back for his examination the following day for the reason that the hospital is fully booked on that particular day. Under the premise of optimal usage rates, hospitals should still leave room for flexible adjustments for the benefit of patients.

Due to the current trend of increasing fragmentation and over-specialization of medical care, physicians tend to place too much focus on diseases and forget

that the patient is the core of medical care. The term “White Tower” was coined to stress the phenomenon of self-isolation and neglect of core values in the healthcare industry. Dharma Master Cheng Yen therefore constantly exhorts all physicians to focus on the patient in the treatment process. Frankly speaking, it is much easier to treat diseases than provide genuine care for patients encompassing the physical, mental, and spiritual dimensions, which is a daunting challenge. The Sutra of Infinite Meanings describes how “a ferryman, despite his own illness still delivers others in his solid boat to the other shore” and stresses that “after removing suffering, Bodhisattvas preach the Dharma.” This is the spirit of holistic physical, mental, and spiritual care. The Tzu Chi volunteers serve as our role models, and we strive to emulate their achievements in turning help seekers with their palms up into helpers with their palms down.

Catholicism, Christianity, Islam, and Buddhism all preach that “giving is a greater blessing than receiving”. This message embodies the spirit of religion. I sincerely hope that all Tzu Chi medical practitioners fully realize that helping

others is a blessing rather than merely a link of the industry chain. If our sole purpose is to make a living, the true meaning of health care provision is lost, and our careers become unsustainable.

It is often said that “the smile of a patient is the most beautiful in the world.” Medical practitioners should bring happiness, joy, and bliss to their patients and bear all their problems and difficulties. This is the credo of the medical vocation. It is further of paramount importance that we gain peace of mind and spiritual ease in this process. I firmly believe that this is the essence of medical care. The Taiwanese health insurance system which relies on allocated tax revenues to benefit all citizens is our greatest blessing. If we visit other countries that lack national health insurance systems such as the Philippines, Indonesia, Malaysia, Sri Lanka, Vietnam, and Cambodia, we fully realize what a boon our system is to our country. Our great success in the field of epidemic prevention must also be attributed to government policies, the National Health Insurance system, and our healthcare professionals who are driven by their strong sense of mission and willpower.



Cover Story

Spinal Cord *Stimulation* as a Perfect Walking Aid

Spinal Cord Stimulation Therapy at
the Department of Neurosurgery,
Hualien Tzu Chi Hospital

Spinal cord injuries result in paraplegia (paralysis of the lower limbs), while accidental brain injuries cause excessive muscle tension and insufficient muscle strength in the arms and legs, which in turn leads to loss or impairment of mobility and an unsteady gait. Spinal Cord Stimulation (SCS) represents an effective treatment for such patients. SCS requires the implantation of a neurostimulator at a suitable location of the spine. This stimulator delivers mild electronic stimulation to muscle groups controlled by nerves along the spinal column through electrodes.

SCS can also be applied to patients suffering from brain injury, a strike-induced coma, or extreme pain in the lower extremities caused by nerve damage. The goal of utilizing medical technologies and innovative therapies combined with a synthesis of Western and Chinese medicine and follow-up rehabilitation programs is to ensure ongoing patient progress, help patients wake from a coma and regain their mobility and balance, and ultimately improve their quality of life.



By Hana You, Chen Ping-Hung

Mr. Cai often has a numb feeling in his legs and has had an unsteady gait for many years. Due to a worsening of symptoms, he has difficulty successfully crossing the road during the green light period. After seeking medical attention from numerous renowned doctors on the west coast with little effect, he proceeded to Hualien Tzu Chi Hospital for medical treatment by recommendation of a friend.

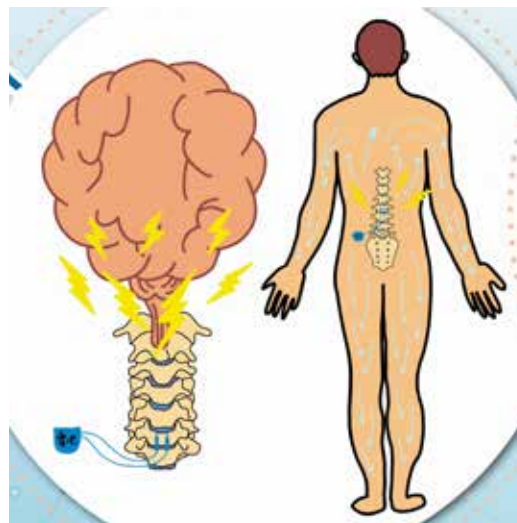
Implantation of a Chip into the Thoracic Spine to Electrically Stimulate Nerves and Thereby Control Muscle Groups

Mr. Cai, a middle-aged man who lives in Nantou County, states that he started to experience an odd sensation of weakness in his arms in 2013. Cervical decompression surgery brought no improvement and he continued to experience the same symptoms. Several years later, this sensation of numbness spread to his legs, resulting in an unsteady gait. Endogenous Stem Cell Therapy (G-CSF) administered by Lin Shinn-Zong, a neurosurgery expert and Superintendent of Hualien Tzu Chi Hospital, in 2020 finally restored his arm and leg functions.

In July 2021, Mr. Cai reappeared in the outpatient department of Hualien Tzu Chi Hospital to express the wish to continue his Endogenous Stem Cell Therapy to Superintendent Lin since

the numb sensation had reemerged in his arms and legs one month earlier. He pointed out that in the past he only had to use a walking cane to prevent falls in the winter months. He had no problems walking in the summer albeit at a slightly slower pace. He was therefore taken aback when the numbness symptoms appeared in the summer months. This was a vexing issue for him since there seemed to be no suitable therapy. He therefore begged Superintendent Lin to devise a therapy for him.

After assessing the patient's condition, Superintendent Lin determined that the cause of his poor motor coordination was excessive muscle tension in both legs resulting in the patient's inability to



A neurostimulator has been implanted in the thoracic and lumbar spine of the patient to control relevant muscle groups and restore muscle strength through delivery of mild electronic stimulation to nerves along the spinal column

take normal steps when walking. He therefore recommended advanced Spinal Cord Stimulator implantation therapy and referred the patient to Dr. Tsai Sheng-Tzung, Director of the Department of Neurosurgery, for further assessment.

Upon evaluation by a medical team headed by Director Tsai, it was concluded that the muscle tension issue and resulting symptoms could be relieved and alleviated through implantation of a Spinal Cord Stimulator. Mr. Cai then decided to undergo treatment.

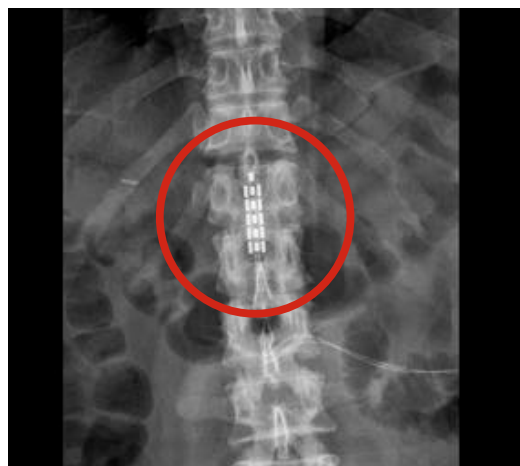
After his surgery, the patient received rehabilitation therapy based on a fusion of Chinese and Western medicine concepts. In addition to acupuncture and drug administration by a Chinese medicine doctor, Dr. Cheng Hung-Yu, Director of Rehabilitation, and his team of physical therapists designed a series of rehabilitation exercises tailored to the patient's symptoms and SCS therapy. It was evident that once the power supply was turned on and the chip started to send electric signals to the nerves, Mr. Cai regained the strength to take normal steps. His motor coordination when making turns also improved significantly.

In the course of his hospitalized therapy, the patient noticed ongoing progress in his legs after each rehabilitation session. His muscle tension had decreased significantly and the motor coordination in his legs had improved

noticeably. His gait was steadier, and his walking pace had increased. Prior to his discharge, he told the medical team beamingly that he still had a lot of work to do in his home. In the past years, he could not accomplish anything since



Syringomyelia symptoms appeared after severe damage to the 3rd, 4th, and 5th vertebra of the cervical spine



The X-ray image taken after implantation surgery indicates the location of the chip between the 12th vertebra of the thoracic spine and the 1st vertebra of the lumbar spine.

he had no strength in his arms. He felt deeply disheartened and frustrated when he realized that he couldn't walk normally after his symptoms had finally taken a turn for the better last year. Now he could at last return to his hometown to make some money.

From Pain Control to Improved Mobility – SCS Therapy-based Interdepartmental Care

As a matter of fact, Spinal Cord Stimulation (SCS) technology dates back to 1975. Despite the successful

development of elective surgery procedures, application of this technology was confined to pain treatment. Results of research on improved mobility in patients suffering from paralysis due to spinal cord damage conducted by medical professionals in the US and Switzerland were only published within the last two years. The Department of Neurosurgery at Hualien Tzu Chi Hospital adopted this therapeutic method in June 2019 to provide relief to patients with spinal cord injuries. SCS therapy requires the implantation of a neurostimulator at a location between the of 11th vertebra of



Dr. Tsai Sheng-Tzung, Director of the Department of Neurosurgery, applies Neurostimulator Implantation Surgery in patients with spinal cord injuries to restore their limb strength. The image shows Director Tsai (left) performing minimally invasive surgery in the operating room.



During a follow-up visit of a patient with an implanted Spinal Cord Stimulator, medical engineering research fellow Chen You-Qin (left) asks the patient Mr. Qiu to walk to test the effects of electrostimulation and make adjustments accordingly.

the thoracic spine and the 1st vertebra of the lumbar spine. This stimulator delivers mild electronic stimulation to muscle

groups controlled by nerves along the spinal column through electrodes.

Director Tsai Sheng-Tzung points out that interdisciplinary SCS medical care teams must encompass members of the Departments of Neurosurgery, Rehabilitation, Pain Management, Chinese Medicine, and Nursing to ensure optimized treatment and care quality for patients. The treatment process involves surgery performed by neurosurgeons and anaesthetists, care provided by NPs and RNs in wards, and post-surgery personalized rehabilitation training delivered in a precise manner. Chinese medicine doctors administer acupuncture and drugs to stimulate and activate bodily functions, while physiatrists and physical therapist teams design rehabilitation exercises. Furthermore, information engineering experts are responsible for setting and adjustment of stimulator parameters and case managers provide professional care.

Electrostimulation Paired with Muscle Strength Training – Recovery of Strength Required for Walking and Driving

A horrific surfing accident due to a rogue wave left Mr. Qiu, a Taipei native, a quadriplegic as a result of severe damage to the 5th vertebra of his cervical spine. After undergoing decompression surgery

and ongoing rehabilitation therapy, he was finally able to walk with the aid of a walking cane. However, due to lack of strength in his left leg, he felt exhausted after walking for around 20 minutes on the same day and was forced to sit or lie down to take a rest.

Mr. Qiu, who is a 50-year-old senior executive, hasn't given up hope for a better recovery. When he visited relatives in Hualien in May 2020, he learned of a rehabilitation therapy at Hualien Tzu Chi Hospital which includes Endogenous Stem Cell Therapy (G-CSF), acupuncture, and rehabilitation robots based on a fusion of Chinese and Western medicine concepts. By relying on experience accumulated over many years, the hospital brings new hope to patients with brain and spinal cord injuries who are desperate to get up and walk again. He therefore made an appointment with Superintendent Lin in the outpatient department of Hualien Tzu Chi Hospital to seek medical treatment.

During this outpatient visit, Mr. Qiu revealed that he had suffered two successive fall accidents while walking with a cane at home prior to this appointment. He had returned to his post, but his legs felt swollen whenever he had to attend longer meetings due to the fact that he was unable to sit for extended periods. This tended to cause him great discomfort. He was therefore longing for relief in these two areas with ensuing



Therapies based on a fusion of Chinese and Western medicine concepts represent a unique characteristic of the Department of Neurosurgery at Hualien Tzu Chi Hospital. The goal is to utilize all available methods to restore patient health. The image shows Dr. Wang Chien-Hao of the Department of Chinese Medicine performing acupuncture for a patient after Spinal Cord Stimulation Surgery.

improvement of his life quality and work performance.

After undergoing Endogenous Stem Cell Therapy, he expressed the wish to receive more symptom-alleviating treatment. Consequently, Director Tsai Sheng-Tzung recommended the newly adopted Spinal Cord Stimulation Therapy (SCS). During an online search, he found medical research findings published in America on the application of this technology to alleviate neuropathic pain. Relevant studies also prove positive effects of this therapy in patients with spinal damage if it is combined with a rehabilitation program encompassing high-intensity arm and leg muscle strength, balance, and endurance training.

20 months have passed since Mr. Qiu underwent neurostimulator implantation surgery. He has made significant progress after completing his electrostimulation rehabilitation program. He is even able to work out in a gym and his leg strength has increased by 50%. During a follow-up visit three months ago, Mr. Qiu pointed out that he was now able to stand for 30 minutes without problems and his leg lift strength had increased by around 30%, which represents a miraculous improvement in view of the fact that he was only able to stand for five minutes with great difficulty prior to undergoing therapy. He further stated that he felt more confident to move around and drive his car to the company

parking lot without assistance. In the past, he had no faith in his ability to walk. Now, he has no problems crossing a road during the green light period and climbing the stairs to his office.

Looking back on the period right after his return to work following his accident, Mr. Qiu recalled that his wife had to drive him back and forth to work, which is a one-hour commute each way and a total of four hours on the freeway each day. They had a very low life quality. "Now, I can commute to work by car without assistance and my wife can resume her life as a noble lady" he added with a chuckle.

Driving a car represents a major breakthrough for Mr. Qiu since he no longer feels like a patient. His wife is also no longer worried when he drives from Taipei to Hualien for his follow-up appointments. Although he has by no means regained full mobility, he can at least move freely. What's most important is that he can work normally and is no longer afflicted with swollen legs after sitting for extended periods. In addition, he can receive clients as before his accident and his life quality and work performance are almost back to normal. Walking does not cause him any problems anymore. The neurostimulator helps him maintain his balance when standing and compensates for the impaired neural control of his left leg.

Persistence of Hope for Recovery - Muscle Strength Stabilization Through Electrostimulation

This innovative therapeutic method was initially adopted for the treatment of patients who have been afflicted with spinal cord injuries for more than a year. It was to be recommended after no significant improvement had been achieved with other available methods. Director Tsai Sheng-Tzung recalls a patient of the same age as Mr. Qiu who had an acute spinal cord injury and was transferred from a hospital in Taitung to Hualien Tzu Chi Hospital since his relatives wanted the patient to gain access to more treatment options.

This patient had severely damaged the 3rd to 6th vertebra of his cervical spine in a bicycle accident in April of last year. He expressed the wish to be transferred to Hualien Tzu Chi Hospital, but due to his unstable condition he had to undergo artificial disc replacement and decompression and fusion surgery in a local hospital. Due to the tense situation caused by a community outbreak of COVID-19, he had to wait until early March for his transfer. He was personally admitted by Director Tsai Sheng-Tzung.

Director Tsai points out that the patient was fully conscious when he arrived at the hospital, but he was unable

to verbally express himself due to a tracheostomy. He had to be fed with a gastrostomy tube and was unable to move his four limbs. Consequently, he was fully reliant on caregivers. Despite the fact that healthcare professionals were initially pessimistic about his chances for improvement, his wife was not ready to give up. She contacted Superintendent Lin through a friend in Hualien. Since the medical team had successfully applied the Endogenous Stem Cell Therapy paired with a rehabilitation program based on a fusion of Chinese and Western medicine concepts in the treatment of patients with spinal cord damage in the past, it decided to make a determined effort to improve the patient's condition through this therapy.

After arrival of the patient, a spinal X-ray and MRI were arranged immediately. Endogenous Stem Cell Therapy combined with Chinese medicine concepts and physical rehabilitation therapy was initiated on the following day. Starting in July, the patient was able to slightly move his limbs although he still had tracheostomy, gastrostomy, and urinary catheters in place. Physical therapist Dai Chen-Yun states that the patient had undergone robotic arm rehabilitation training at his own expense in addition to the stimulation of extremity joint movement and prevention of ankylosis through a rehab drawer.



Dr. Tsai Sheng-Tzung, Director of the Department of Neurosurgery, Hualien Tzu Chi Hospital is deeply committed to bringing new hope to comatose and paralyzed patient by utilizing innovative therapies and medical technologies.

By the end of August, a chip had been successfully in his thoracic and lumbar spine. Director Tsai explains that leg lifting training initiated in September relied on a series of rehabilitation training exercises designed based on Spinal Cord Stimulation concepts. In spite of the positive effect of SCS, the team had to administer drugs and tilt the patient's bed to treat his postural hypertension during the initial one-month stage which is characterized by multiple changes in acute patients.

Prior to his discharge in November, it was evident that the patient was fully determined to improve his condition through rehabilitation training encompassing sitting, standing, and stepping training. Physical therapist Dai recalls that initially the patient had poor trunk control, a hunched sitting posture, and couldn't sit for extended periods. During standing and stepping training, he was unable to control his leg tension. Postdoctoral research fellow Chen You-Qin, a member of the medical team, points



Hualien Tzu Chi Hospital has achieved excellent results by applying therapies based on a fusion of Chinese and Western medicine concepts in the last two or three years. From left to right: Dr. Huang Chih-Kai of the Department of Chinese Medicine, Vice Superintendent Ho Tsung-Jung, Dr. Tsai Sheng-Tzung, Director of the Department of Neurosurgery, Dr. Chen Jhong-Kuei of the Department of Chinese Medicine.

out that a scissor-like posture would emerge during stepping training. The patient noticed a significant improvement in his muscle tension control as a result of electrostimulation. Chen further recalls that his right leg would shake uncontrollably when she first met him. The frequency of this leg shaking dropped significantly after application of SCS therapy.

This patient returned to the hospital for a follow-up visit in January 2022.

During his one-month hospitalization, rehabilitation results were evaluated, and he underwent advanced training. Director Tsai states that he was able to stand without issues and his legs were no longer shaking. With the aid of a rehabilitation device, he was able to walk back and forth 10 meters in the ward hallway. The patient had noticeably improved trunk control and leg strength when the stimulator was turned on. When the

patient was discharged prior to Lunar New Year, the rehabilitation team provided him with a home rehabilitation program with recommended assistance by a physical therapist in a local hospital. The results of this program were to be reviewed during a follow-up visit at the end of March.

A Valid Alternative for Spinal Cord Damage and Brain Injury Patients – Restored Ability to Squat, Stand, and Walk

A total of eight patients with lower limb disabilities underwent this therapy last year. Seven of these patients were afflicted with spinal cord injuries. One of them was a young patient in a coma due to a severe brain injury sustained in a traffic accident in northern Taipei two years ago. One month after initiation of treatment, he was still bedfast and unable to verbally express himself. Upon his transfer to Hualien Tzu Chi Hospital and administration of Endogenous Stem Cell Therapy and a rehabilitation program based on a fusion of Chinese and Western medicine concepts for three months, he had regained his ability to walk and speak.

Upon his discharge, he progressed significantly after continuing stem cell therapy and the rehabilitation program for another year. However, due to the remaining strong tension in his upper and lower left extremities, his muscle strength

was insufficient, and he still had a swaying gait. After implantation of a Spinal Cord Stimulator last year, his stride rate and distance increased noticeably due to relief of his excessive muscle tension. Director Tsai points out that the patient's walking posture and muscle strength have improved considerably despite that fact that his pace is still abnormal. In the past, he was unable to do one-legged squats on his left leg. Two weeks after his surgery he had regained the ability to do several one-legged squats in a row by relying on electrostimulation.

Neurostimulator implantation can also be applied in comatose patients who have suffered brain injuries or strokes. Director Tsai states that six patients underwent this therapy last year. Two of them have exhibited significant improvement in their communication and interaction abilities. The remaining four are still under observation since their surgeries have been completed only recently. The same therapy was applied in two patients with severe pain in the lower extremities caused by nerve injuries. Against the backdrop of ongoing advances in the field of medical technologies and innovative therapies, Hualien Tzu Chi Hospital is deeply committed to bringing new hope to comatose and paralyzed patients with the ultimate goal of restoring their ability to stand up and walk and thereby improve their quality of life.

Intelligent Robots as the Backbone of Rehabilitation

Text / Hana You

The neurological rehabilitation team of Hualien Tzu Chi Hospital which embraces a fusion of Chinese and Western medicine concepts is actively committed to the major policy direction of restoring the ability of patients to get up and walk. The Department of Neurosurgery strives to help patients who are paralyzed or have lost their mobility as a result of severe

strokes, brain injuries, and spinal cord damage to stand up and walk again by relying on stem cells, chips, and interdepartmental medical teams. The ultimate goal to assist them in walking practice, help them rediscover their dignity and regain control of their own lives, and thereby ease the burden of their caregivers.



The Department of Rehabilitation at Hualien Tzu Chi Hospital adopted Walking Rehabilitation Robots for its therapies in July 2018 (Director Liang Chung-Chao on the left).

Endogenous Stem Cell Therapy (G-CSF), which has been promoted by Superintendent Lin Shinn-Zong for more than ten years, increases bone marrow stem cell proliferation tenfold through the injection of granulocyte colony-stimulating factor (G-CSF) based on stem cell proliferation principles. The goal is to attract stem cells to the brain for the repair of injured spots by maximizing the magnetic effect. Since these cells autonomously differentiate into cranial nerve and blood vessel cells, which is highly conducive to the rapid recovery of brain injury patients, protection of nerves, and prevention of cranial nerve necrosis due to ischemia as a direct result of a stroke. These cells also have anti-inflammatory properties and are capable of inhibiting inflammation of tissue and cells at stroke locations.

The same principles apply to the utilization of Endogenous Stem Cell Therapy in patients afflicted with spinal cord injuries. In these patients, the therapy stimulates the proliferation and activation of their own cells and repairs damaged and ruptured spinal nerves. Nervous tissue functions are rapidly restored through Chinese herbal medicine and acupuncture which promote blood circulation and transforms stasis. The Department of Neurosurgery further adopted spinal cord stimulator implantation surgery in June 2019. This surgery not only facilitates

the rehabilitation process in patients with disabled lower extremities due to spinal cord damage but can also be utilized for brain stimulation in comatose patients and pain treatment.

With a view to helping patients stand up and walk again, the Department of Rehabilitation at Hualien Tzu Chi University adopted the highly innovative Walking Rehabilitation Robot technology fused with smart healthcare concepts in July 2018. Clinical results clearly prove that the earlier bedfast patients leave their beds and start standing and walking again the lower is the loss of bone density, muscle strength, and muscle memory. Walking Rehabilitation Robots represent a perfect aid in this process.

In August 2019, the Department further adopted Upper Limb Rehabilitation Robots. In addition to the “Hand of Hope”, which is a valuable aid in the remote rehabilitation of the upper limb joints, the Department has acquired the first “Smart Board” nationwide which is applied in the local rehabilitation of upper limb joints. Mechanical aids and AI are valuable tools that help speed up the patient recovery process.

Exoskeleton robot technology was adopted in 2020. This technology is highly conducive to the rehabilitation process after spinal cord stimulator surgery in patients with spinal cord damage. Dr. Tsai Sheng-Tzung, Director of the Department

of Neurosurgery, describes how a young patient who was a paraplegic due to a traffic accident gradually regained his trunk control and the ability to stand up and walk for a short time with the aid of a walker after a four-month hospital stay during which he underwent spinal cord stimulator implantation surgery and a rehabilitation program consisting of a

series of rehabilitation training exercises with the aid of an exoskeleton robot. These results were extremely heartening for the patient and the medical team.

By relying on mild electronic stimulation delivered by the stimulator to muscle groups controlled by nerves along the spinal column through electrodes, this young patient attempted to control



Lower Limb Exoskeleton Robots can assist patients afflicted with spinal cord injuries in repeated, high-intensity training of routine movements required for standing and walking. They are also valuable aids in the process of neural remodeling, acceleration of functional recovery, and restoration of a sense of normal pace and walking speed in patients.

leg lifting and lowering movements under guidance of a physical therapist. He gradually learned how to control his legs with electrostimulation through leg lifting and lowering and muscle strength training exercises. The training program with this exoskeleton robot enabled the patient to gradually regain his trunk control and his sense of coordination and balance. He relearned how to support his upper body while walking, slightly straighten his back which was hunched due to lack of muscle strength, and raise his head and look ahead. Director Tsai points out that despite the challenges posed by the operation of this robot, this rehabilitation training program can restore the patient's sense of rhythm required for the swinging movements during walking.

Dr. Liang Chung-Chao, Director of the Department of Rehabilitation, states that repeated high-intensity training, active participation, and true action orientation represent the key prerequisites for restoration of the ability to walk. “ The rehabilitation team therefore designs a series of rehabilitation training exercises upon further assessment of patients with spinal cord damage who have undergone spinal cord stimulator implantation surgery. Smart robots are incorporated into muscle coordination, standing, and walking training as required according to the patient's needs. Hualien Tzu Chi Hospital has achieved very positive results in the



After implantation of a spinal cord stimulator, a training program with an exoskeleton robot enables this young patient to gradually regain his trunk control and sense of coordination and balance and relearn how to support his upper body while walking under guidance of a physical therapist.

field of rehabilitation therapies based on a fusion of Chinese and Western medicine concepts over the past two years. These results were presented to the public during the Healthcare+ Expo on December 4, 2022, and the annual conference of Taiwan Neurosurgical society.

The Medical Dedication Award Honoree

Dr. Lin Chin-Lon, CEO of Buddhist Tzu Chi Medical Foundation



Dr. Lin Chin-Lon, CEO of Buddhist Tzu Chi Medical Foundation, was recognized with an individual award at the 31st Medical Dedication Awards for his personal contributions in the field of health care (<http://www.hwe.org.tw/>). The award was personally presented by Premier Su Tseng-Chang. Dr. Lin pointed out that “this honor belongs to the Tzu Chi medical practitioners, Tzu Chi International Medical Association (TIMA), and like-minded Bodhisattvas all over the world.”

This recipient of the Medical Dedication Award is introduced as follows on the website of HWE Foundation:

Shortly after the horrific Taroko Express derailment accident on April 2 2021, a tall, gray-haired, elderly gentleman in a white doctor's robe arrived at the accident site, Qingshui Tunnel. His presence greatly boosted the morale of young healthcare professionals who were engaged in on-site rescue operations. This elderly gentleman was Lin Chin-Lon, CEO of Buddhist Tzu Chi Medical Foundation. Harnessing his extensive experience in the provision of medical care after large-scale disasters, he coordinated injury examination and first aid services provided for a large number of victims in close cooperation with the



Dr. Lin Chin-Lon has embraced a patient-centered care philosophy in his medical practice with great perseverance and consistency.

on-site commander. Despite his ripe age of 78, he was personally present at the site from around 10:00 am to 4:00 pm. He didn't leave before it had been confirmed that there were no more survivors." His leadership of the medical team by example and personal presence at the frontline left the deepest impression on everyone present at the site.

A total of eight individuals and one group earned awards at the 31st Medical Contribution Awards held in 2021. A Special Contribution Award was bestowed on Yeh Ching-Chuan, professor at the Department of Public Health, Tzu Chi University, and former health minister. Dr. Lin Chin-Lon was jointly recommended for the award by Hualien Tzu Chi Hospital, Chu Chia-Hsiang, Director-General of Hualien County Health Bureau, and Dr. Liang Chung-Chao, Chairman of Hualien County Medical Association.

HWE Foundation invited all award recipients to attend an official visit to the Presidential Office Building and the Legislative Yuan on October 29, 2021. They were personally received by President Tsai Ing-Wen and Legislative Yuan President You Si-Kun. President Tsai expressed her deep gratitude for their selfless dedication and benevolent spirit in the field of health protection. She emphasized that "there are numerous healthcare professionals who are steadfastly devoted to providing medical



President Tsai Ing-Wen personally receives the Medical Dedication Award recipient Lin Chin-Lon and his wife Hung Hsiu-Mei.

care in remote regions. Dr. Lin Chin-Lon is a perfect example. He has made a long-term commitment to cultivating medical talent in remote regions and promoting smart telemedicine and remote consultation to give patients in these areas access to medical care without the hassle of long journeys." Legislative Yuan President You Si-Kun also commended the award recipients for being a positive force in Taiwanese society and thanked them for their efforts and contributions for the sake of Taiwan.

The grand award ceremony was held in the international conference room on the 10th floor of Taipei Grand Hotel at 2:00 pm on Saturday, October 30, 2021. The

four superintendents of Hualien, Dalin, Taipei, and Taichung Tzu Chi Hospital and representatives of TIMA Northern Taiwan Chapter observed the ceremony as “friends and relatives”. The organizer further invited Vice President William Lai, former Vice President Chen Chien-Jen, Premier Su Tseng-Chang, Health and Welfare Minister Chen Shih-Chung, and Ms. Chang Bo-Ya, Senior Advisor to the President to give speeches and present the awards and thereby manifest the glorious achievements of the award recipients.

After Vice President Lai presented the first award to Mr. Lue Hung-Chi, Professor Emeritus of National Taiwan University College of Medicine and “Father” of pediatric cardiology in Taiwan, Dr. Lin Chin-Lon took the stage to receive his award.

Premier Su Tseng-Chang, one of the award presenters, gave the following address: “I’d like to avail myself of this opportunity to express my deepest respect and gratitude to healthcare workers all over Taiwan. In the wake of the local COVID-19 outbreak last year, the country experienced extreme hardship, but in the face of this arduous challenge, Taiwan became a haven of bliss in rough seas due to the extraordinary contributions of our medical practitioners. By presenting these very meaningful awards, we identify shining examples

among the selfless contributions and touching stories of different generations of healthcare professionals who perform their duties with great dedication in every corner of our nation for the younger generation to emulate and learn from. The goal is to give all citizens a clear glimpse of their dedicated efforts... Dr. Lin Chin-Lon, our next award recipient, gave up his career in the US to return to Taiwan and assume a post at the remote Hualien Tzu Chi Hospital at age 52. In addition to Hualien, he has provided medical care in numerous remote areas of Taiwan and wherever a natural disaster struck. He even led medical teams to overseas regions with a need for healthcare services at his own expense and thereby increased Taiwan’s international visibility, which is a truly amazing feat.”

Ms. Chien Li-Ju, TVBS anchor and host of this award ceremony, interviewed Dr. Lin about his original motivation to give up his successful career in the US and return to Taiwan. Dr. Lin stated frankly that “I have served in Catholic hospitals since the beginning of my career. Patient-centered care has been my core philosophy since I decided to pursue a career as a doctor. In America, people often say that you should show everyone what you have accomplished instead of engaging in empty talk. They call this “You put up, or you shut up.” After his conversion to Buddhism, he visited

numerous bodhimanda and gradually came to realize that religions differ in the dimension of actual practice. He pointed out that there are a lot of Catholic and Protestant hospitals, but he has never seen a Buddhist hospital before. Buddhism emphasizes the doctrine of faith, vow, and practice, which has rarely been applied to the field of health care.

When he later returned to Taiwan to visit his ill father, he heard of a Buddhist hospital in Hualien. His former professors Tseng Wen-Pin, Yang Sze-Piao, and Tu Shih-Mien had invested significant efforts in the construction project. He therefore made a special trip to Hualien to see for himself. This trip turned out to be a life changer. Dr. Lin is firmly convinced that every aspect of Dharma Master Cheng Yen's Tzu Chi world which rests on the four pillars of charity, medical care, education, and culture can withstand public scrutiny. He therefore spontaneously decided to join Tzu Chi and become a volunteer. After his return to Los Angeles, he assisted the US Chapter of Buddhist Tzu Chi Foundation in the establishment of a Tzu Chi volunteer clinic, which was the first of its kind in overseas areas. This clinic provides free medical treatment and medication to US citizens with no health insurance coverage.

After his return to Taiwan, he made an unwavering commitment to enhancing healthcare services in remote regions of

Taiwan in the context of his engagement in the Tzu Chi medical care system. He pointed out that “if suffering residents can’t leave their home regions, blessed individuals must enter these regions and offer help.” In Hualien, he promoted the following two projects which left a deep impression on local citizens: “Health Grocery Stores” to facilitate the provision of health education inside local communities and cultivation of “Health Gatekeepers” who visit seniors with limited mobility to measure their blood sugar, blood pressure, and monitor their health status.

Dr. Lin further stresses that patient care is not confined to the hospital. Pre- and post-hospital care is also extremely important. He advocates holistic, around-the-clock care for the whole family and team encompassing the physical, mental, and spiritual dimensions. He also points out that health care is an ancient profession with lofty ideals and values. Modern technology offers numerous advanced treatment methods and enhances the quality of medical care. Notable examples include the evolution of telemedicine from 4G to 5G, cloud-based medical records, use of relevant technologies and devices such as smartphones, tablets, and wireless transmission. All these technologies can be utilized for pre- and post-hospital care on the foundation of a patient-centered

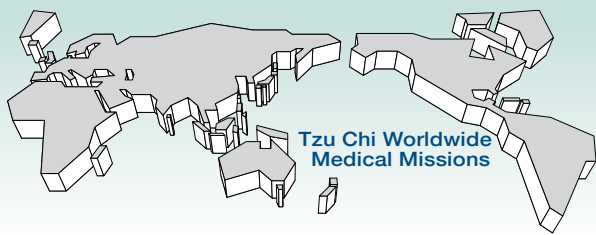
philosophy.

Dr. Lin is deeply grateful for the compassion exhibited by Dharma Master Cheng Yen in the establishment of Tzu Chi Hospitals in remote regions. He concluded by stating that “this special honor is not only a recognition of my personal achievements. Seven Tzu Chi hospitals in Taiwan and numerous volunteers of Tzu Chi International Medical Association are deeply devoted to the provision of

healthcare services in remote regions all over the world. During the most severe stage of the pandemic in the previous two years, we did not relent in our efforts to offer assistance and care to seniors, children, and women in remote regions. The honor of this Medical Dedication Award belongs to the Tzu Chi medical practitioners, Tzu Chi International Medical Association (TIMA), and like-minded Boddhisattvas all over the world.”



The four superintendents of Hualien, Dalin, Taipei, and Taichung Tzu Chi Hospital and representatives of TIMA Northern Taiwan Chapter personally congratulate Dr. Lin Chin-Lon and his wife Hung Hsiu-Mei (Commemorative group photo).



Ontario, Canada

2021.12.04-05

**Acupuncture and Application
of Traditional Chinese
Medicine to Protect the
Health of the Tribal Aborigines**

Tzu Chi Canada Eastern Branch was invited by the aboriginal organization "Grandmother's Voice" to collaborate for the first time to hold a free Tzu Chi Chinese Medicine (TCM) clinic. The free clinic was scheduled to be held on December 4th and 5th at the Country



The Canadian Tzu Chi Medical Association cooperated with the "Grandmother's Voice" aboriginal organization to hold a free Tzu Chi Chinese Medicine (TCM) clinic from December 4th to 5th, allowing the tribe aborigines to experience the therapeutic effects of TCM.

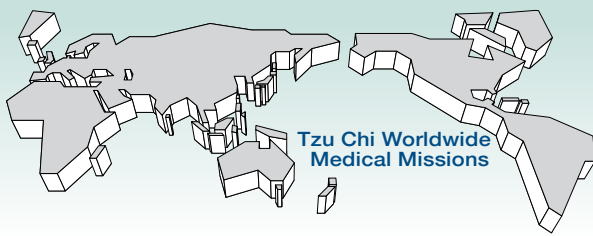


Many patients were trying TCM therapy for the first time. Physician Chen Zhongyan palpated the pulse carefully and explained the procedure in detail.

Heritage Park in Milton, Ontario. The TCM team of the Canadian Tzu Chi People's Medical Association was very helpful. On the first day, there were two Chinese medicine practitioners and thirteen volunteers served. On the second day, three doctors and nineteen volunteers continued, and together they completed the two-day event.

This time, because most of the patients have never been in contact with Chinese medicine, they were inevitably afraid of the unfamiliar treatments. After receiving acupuncture treatment, they felt that the pain in the body was truly relieved and became completely relaxed. They complimented the doctors' superb medical skills.

Mahler's mother and daughter, volunteers of the Voice of the Grandmother Aboriginal Organization, were among the witnesses. My mother couldn't turn her neck, but she was much more flexible after acupuncture, which made the daughter call it miraculous. The daughter originally refused to have acupuncture because she was allergic to needles. Volunteer Sister Wang Meiyu comforted her: "Don't worry! The doctor absolutely respects the wishes of the patient. You can communicate with the doctor frankly and let them diagnose and treat you with peace of mind!" Unexpectedly, when she walked out of the clinic, the daughter happily ran over and told her sister that



Chinese medicine practitioner Gong Qinfu (left) demonstrated the movements of bending over and supporting the knees for a patient.

her body had almost recovered, and the body felt the relaxation it had never felt before. She felt the exuberance as if she had won a million dollars.

Another patient, Gidget Jonathan, an aborigine of the Six Nations, carried three or four tins of pills with her and suffered chronic side effects. Because of the pain, half paralysis, and vision problems, she often falls and cannot sleep almost daily. She came to the free clinic to

receive treatment from a Chinese doctor, but fell asleep in the treatment room! It wasn't until after the needle was taken that the doctor woke her up. "I slept for 30 minutes without knowing it. When I woke up, I was refreshed and the pain was gone!" Nearly, she excitedly shared her treatment experience. Later, through the sharing of volunteers, she learned about the origin of Tzu Chi and the spirit of great love. She immediately decided

to become a sponsor of Tzu Chi, and hoped to do her part to help others.

Sister Chen Yanwen expressed that she hopes to forge a good relationship with the aborigines through the TCM free clinic activities, and she was also grateful that it would lead to more beautiful circles of life, just like Dr. John Van Herbert, who was her own rehabilitation physician. Originally he was just visiting the Rural

Historic Park. Then when he learned of Tzu Chi free clinic, he immediately joined the service the following day.

The body and mind were relieved during the two-day free clinic activity, seeing the aboriginal patients being helped by Chinese medicine treatment. Everyone's faces were full of joyful smiles, which also made the medical volunteer team feel extremely gratified.



Tzu Chi booth was set up at the free clinic. After listening to the volunteers' sharing, the public responded with support and willingness to do their part to help others.

An Alternative Goal for Coming to Taiwan

By Chen Ching-Hsiang & Liu Chen-Chen



Wang Sung-Han (right) presents a thank you note full of gratefulness to her Vietnamese Savior, Nguyen Ching Hon (center). Wang's mother Liang Yu-Ting on the left.

Because of the COVID-19 Pandemic, there are only three pairs of donors and recipients participating in the “Meet and Greet” event of the 28th Anniversary of Buddhist Tzu Chi Stem Cells Center.

The event is held on October 2021, and the venue is in the photo studio of the Da Ai Television in Guandu, Taipei. The Program Master of Ceremony is Chen Chu-Chi. Besides the donors and the recipients and their family members, only the Da Ai photographer and a few Tzu Chi volunteers are present. All other interested parties can view the program remotely.

“I imaged that the donor is a gentleman,” said Wang. When Wang Sung-Han is asked about how she thinks of her donor, she answers without any hesitation. Surprisingly, when she steps to the podium, she sees a lady from Vietnam. Her name is Nguyen Ching Hon.

For many years, Wang Sung-Han imagined that a strong, healthy, and outgoing gentleman donated his blood-making stem cells to her. Sung-Han’s mother also firmly thought it as a truth. Surprisingly, standing in front of them is a smiling lady. More than their surprise is their gratitude which is more than any words can describe.

It was in the year of 2015, simply with a big heart of Nguyen Ching Hon lifted the eighteen years old Wang Sung-Han from the bottom of her ill fate to a new life. Now, Wang and her mother step toward Nguyen and hug their savior without hiding any of their gratitude.

Sink to the Bottom of the Valley at Young Age; Accomplish Brave Task in Life

It was in January of 2015. Wang Sung-Han just finished a test at school and went home for a short nap. When she woke up, she felt numbness in her legs. However, she could still manage to walk. That evening things got worse, she felt severe pain in her back. The next morning she had difficulty walking, and then she went to the hospital to seek medical help. Later that day, the condition became out of control. She could not handle her own bowel movement and urination. The hospital diagnosed her case as “acute myeloid leukemia” accompanied by a 15 cm spinal cord tumor.

Sung-Han was just 18 years old, a sweet and happy high school senior. Yet, in a span of just two days, she’s like sinking from heaven to hell. She

desperately needed help! After the tumor surgery, she went through chemo and radio therapies. During the lengthy medical process, Sung-Han set a goal for herself. She wanted to participate in the graduation trip and be a part of the graduation ceremony. These goals became the source of energy for her to suffer medical hardship.

Sung-Han still remembered telling people: “During the treatment period, my white blood cell count was just over

a thousand. But the urge to join the graduation trip motivated me to keep exercising. Even though my appetite was low I could not eat much, but I kept walking, and the staff in the hospital were all aware that my goal was to participate in the trip. As I returned to the hospital from the trip, people would ask, ‘Did you go?’ I was so proud that I accomplished a grand task in my life.”

She also remembered that the doctor told her to go and don’t worry about anything until returning from the trip. “My doctor said to me, ‘You will not regret to accomplish your wish.’” The doctor’s encouragement was deeply in my heart. After the trip, I was happy and peacefully accepted all the treatments,” said Sung-Han.

Temporary Blind and Strong Hope for Recovery

In September of 2015, her stem cells transplantation went well. However, by November of that year, because of being allergic to the medication, Wang Sung-Han was diagnosed with Stevens-Johnson syndrome. This was like a thunder stroke in addition to her misfortune. It was the darkest time of her illness. She suffered burning-like pain on the skin. She needed morphine to kill the pain every time to change the fresh dressing. In addition, her cornea was



Liang Yu-Ting(right) says because of her daughter’s illness, she has no time to panic but to face the problems. On the contrary, she is very nervous now that her daughter’s savior is in front of her.

also damaged. For three days, she was totally blind. Loss of her vision induced great fear, Sung Han almost collapsed.

Sung-Han recalled: “The fear of not seeing things spread over every corner of my heart. Even after my vision resumed, I still hesitated to move around. That kind of feeling was like an unescapable sunken swamp. That feeling was around me no matter how I struggled. Until my attending physician, Yu Yuan-Bin, told me to think about what I still can do, and don’t think of what I have lost. Then I gradually started to move around, and then started to talk. I started to think that I am still alive and I want to continue my life.”

Strong Will to Fight - Nervous to Meet

Besides Dr. Yu’s kind advice, the most important support came from Sung-Han’s mother, Liang Yu-Ting. Liang says: “During the first year of Sung-Han’s illness, she was in the hospital for over three hundred days, and I slept there for just the same number of nights.”

Liang also says that when her daughter suddenly failed to move, there was no time to panic but to face it. She says: “Sung-Han’s chance of survival was almost zero at the beginning. The sudden change of her body movements within one day gave me no time to be



Wang Sung-Han was not knocked down by the sickness. At every stage of the treatment, she would establish a goal for herself. For example: to attend her graduation ceremony, to take a trip to Japan.

nervous but to confront the conditions. Day by day, I could only follow the doctor’s direction and wish for the best. I was very calm at that time. However, I am so nervous now as Sung-Han’s savior is in front of me.”

Liang feels very grateful and thinks she is a very fortunate person. She thanks the medical team that provided the best service to help her daughter. She also appreciates the support from all of her relatives and friends. Liang says: “I told my daughter that I am fifty-two years

old now and cumulated a broad network of friendship over the years. Now, you have consumed all my resources. When my daughter was in the hospital, no matter what I requested, someone from the network will prepare it for me. Thank heaven, with all the support and love; my daughter could go through her suffering.”

Do What a Healthy Person Do - Determine to Help the Needed in the Future

Liang Yu-Ting knows her daughter well, her girl is a strong will person. Once Sung-Han set a goal for herself, she would do whatever needed to fulfill her wish. After the successful transplant, Sung-Han's first goal was to take a trip to Japan. Against the opinion of many friends and relatives, Liang accompanied Sung-Han and flew to Japan. Sung-Han felt very well the kind of pressure her mother endured because of the trip. Just to express her gratitude, she made up her mind to continue improving her health.

“A trip to Japan is to prove that I am on my way to recovery. I wanted to tell all my relatives and friends not to worry, I am fine and I can take care of myself and will return to school healthy.”

Before her illness, Wang Sung-Han loved drawing. During her time in the hospital, she started to plan for her

future. She thought of her suffering of sickness and the painful experience of those patients in the hospital wards. She started to consider one of the scout's important tasks is helping people. Therefore, she decided to major in social work in university. She says: “You witness people suffering in the wards. Even though they don't show it on their faces, most of them are under tremendous pressure, either mentally or financially. They all need help from the society.”

A Simple Heart to help People - Be Cheerful Everyday

When Nguyen Ching Hon was donating her peripheral blood stem cells, she wished that she could also transplant her optimistic nature to the recipient. Now that she heard Wang Sung-Han decided to become a social worker to help other people. She feels that she had made a worthy decision to donate. Nguyen Ching Hon came from Vietnam. She married and moved to Taiwan for seventeen years. In the family and among her friends, people call her “Ah Hon”. Her elder sister-in-law, Chen Chung-Mei, a Tzu Chi Commissioner, encouraged her to take a blood test to register for voluntary stem cell donation. In fact, when Ah Hon received a phone call informing her that the matching recipient was located, her husband was

against her with the donation. It was because he did not fully understand the donation process and worried about the consequences of Ah Hon's donation. They finally agreed to go ahead with the donation after a detailed explanation by

the Tzu Chi Bone Marrow Donation Care and Support Team, as well as the advice of Chen Chung-Mei and her husband, Tzu Chi Brother Pai Chou-Chin.

Ah Hon was afraid to take injections and also scared of seeing blood. But, for the sake of saving a life, she stood up to conquer these mental obstacles. Tzu Chi volunteer Wang Pao-Chu, who accompanied Ah Hon during the donation process, is also in the "Meet and Greet" event. Pao-Chu says that Ah Hon kept inquiring about Sung-Han's condition after the procedure. The volunteers also recited the name of Buddha for the wellness of the recipient, daily.

Under the pandemic situation, Ah Hon is very happy to see Sung-Han doing well. Wang Sung-Han handed a well-prepared thank you card to Ah Hon. Ah Hon says to Sung-Han smilingly: "I just figured out that my other purpose of coming to Taiwan is just for you." Ah Hon also reminds Sung-Han that "we cannot predict our future, so be happy and cheerful for every healthy day".

Wang Sung-Han encountered many rugged obstacles at a very young age. Through her experience of leukemia, she met Nguyen Ching Hon and they established a bone marrow karmic affinity.



Nguyen Ching Hon (right) migrated from Vietnam to Taiwan and saved a young lady's life. Photo taken on World Marrow Donor Day.

The Young Boy Met His Life - Saving No- Blood Related Uncle

By Chen Ching-Hsiang & Liu Chen-Chen

Donor Hung Jia-Jun

Recipient Tang Bin-Chen

Every year we prepared the “Happy Meeting” reunion event with the bone marrow donors and recipients, the 28th annual celebration was held on October 2021 at Buddhist Tzu Chi Stem Cells Center. Because of COVID, there were only 3 pairs attended to avoid the group gathering.

The venue of the celebration was the Da-Ai Television Station, there was only the host Chen Chu-Chi, the donors, the recipients, family members, the bone marrow colleagues, volunteers, and the photographer from television, for those who couldn't attend in person participated the on-line setting.

Tang Bin-Chen is 13 years old this year, and his donor is 37 years old Hung Jia-Jun who lives in the city of Taipei. Tang Bin-Chen first showed sign

of illness when he was three. He went through numerous chemo treatments in the hospital and spent most of his childhood in the hospital. When he was 7 years old his lymphoid leukemia turned into myeloid leukemia and had to seek for bone marrow transplant. Now he is a junior high school student. When his donor Hung Jia-Jun heard about the match, the couple was going through infertility treatment, but they stopped the treatment and prepared the marrow transplant to save a young life. The luckiest news is after the transplant of bone marrow, the couple had two young kids. Thus the family brought the two young kids who wished to meet Bin-Chen who was like a brother to them even though they have never met.



The recipient Tang Bin-Chen (right 2) and mother Lin Chao-Chin (right 3) presented a bouquet to his donor Hung Jia-Jun (the middle). The right 1 was the hostess Chen Chu-Chi.

This Cute Little Boy Accepted His Own Fate with Leukemia Spent his Childhood in the Hospital

Tang Bin-Chen, the pretty looking boy, came accompanied by his mother and brother. Bin-Chen has a teenager's shyness and was not very talkative. Since 7 years old, the bone marrow transfer helped him stay away from the hospital and grow up like other school kids.

"Bin-Chen first showed symptom when there were many bumps on his neck and high fever. After diagnosis, the doctor determined that was lymphocytic leukemia. Then he started chemo treatment in the hospital. " The mother described those days when he first showed the symptoms. The kids his age were playing and he was at the hospital for chemo treatment. "He was still in diapers and he couldn't even stand up steadily, and he had to be confined in the hospital room with curtain drawn. He could only move around in the hospital bed."

For three years, he was constantly in and out of the hospital. Seeing his little body suffer by the treatment, the mother said her heart was painful and so sorry for he suffers. But Bin-Chen was extraordinarily brave and never cried or cranky about the situation. She said, "He didn't cry for injection or blood draw. Sometimes, they couldn't get blood from the hand and had to get it from the leg;

he never cried and just held me tightly."

Originally, the plan was to continue with chemo treatment, but it had recurrence twice. Then in 2015, it morphed from lymphocytic leukemia to myeloid leukemia, and he needed bone marrow transplant. Unfortunately, even with the same genetics, his brother and mother did not match. Thus, the hospital had to ask Tzu Chi Bone Marrow Center to find a bone marrow match. Luckily there was a match and the donor agreed for the transplant. Two months later, Bin-Chen left the hospital in good health.

A Mother Is Always Strong and Holding Up

Bin-Chen's mother Lin Chao-Chin's parents-in-law passed away a while back. Her husband originally worked for a technology company but had a stroke when she was pregnant with Bin-



Ms. Lin Chao-Chin was sorry that her son Bin-Chen's childhood were trapped in the hospital bed.

Chen. Bin-Chen's brother was only 1 year old when her own mother was old and with ill health. She had to take care of everyone in the family. After knowing Bin-Chen's condition, she had no time to be depressed or in pain, she didn't want to show any sign of sadness in front of the family. She could only feel sad when no one was around her like in the middle of the night. Luckily, she had religious beliefs and her church friends were like sisters to her. She had plenty of support such as delivering meals or moral support; she was able to go through this hardship.

She saw a lot of young sick persons die during the hospital stay with her son, she was also worried about her own son. Fortunately, they found the match. She was so glad that Hung Jia-Jun agreed to donate, and the transfer was very successful. Although there was a little rejection such as some skin flakes on the legs, she felt her family was still intact, and Bin-Chen was able to recover and returned to school.

After Bin-Chen's recovery, he didn't have to be confined in a small room and without a mask, could breathe the fresh air, happily find the insects in the grasses, and freely walk on the street. The most important thing was he could go to school and meet many new classmates.

Thinking of meeting the savor, Lin Chao-Chin couldn't sleep the night before, and kept on thinking what to say to the savor to express her appreciation.



In 2015 during the donation period, Hung Jia-Jun and wife delayed their birthing plan in order to save a life.



After a transplant, the mother Lin was so happy that Bin-Chen could run in the sunshine, and play outdoors, and happy that her son was growing up healthily.

Saving Life First, the Donor Stopped the Treatment of Infertility

Donor Hung Jia-Jun came on the "Meet and Greet" day with his younger son on his back and holding the hands of his wife and older son. The whole family came to Guandu to meet this new "relative".

In 2005, when Jia-Jun was still a college student, he walked by the big retail stores and saw the campaign for bone marrow donation, and no one was putting down their names. He thought since he had donated blood periodically, without a second thought he went in and got a blood test. "This is a good deed of saving lives." Jia-Jun only thought "Saving a life is a good deed," and if he could be one of those donors, "why not?"

In 2007, he got the first notice that there was a match with him, and he was servicing the army. However, the patient chose another treatment, so he did not donate that time. Then in 2015, he received the 2nd notice of match, he

thought he was very lucky that he was able to donate. His mother was a Tzu Chi volunteer, but his father was more old-fashioned and might object to this. Thus, he didn't tell his father. "Since I've promised to help save a life, I can't disappoint the recipient."

In order to donate, Jia-Jun made some changes to his daily life. When he received the match notice, his blood pressure was a little bit high. In order to maintain his body condition, he started adjusting his daily life and watching his diet. Originally he only loved to eat meat and he changed to a balanced meal with more vegetables and fruits. He needs to maintain his health condition well. From injecting the white blood cell growth



After Hung Jia-Jun donated the bone marrow, his wife was pregnant naturally and had two sons consecutively.

hormone to the donation day of the bone marrow, he made this donation a top priority and did as the plan called for.

Also, Hung Jia-Jun and his wife Wu Jia-Jeng weren't able to have a baby and they were longing to have their kids. During the year 2015, they were going through infertility treatment; thus they had to change their plan after they received the match news. "Helping others is a good thing." Mrs. Hung was very supportive of her husband's decision because they could feel the other family's anxiety. She said with humor that they didn't have kids for so long anyway. Thus, with the doctor's approval, they decided to go ahead with the bone marrow transplant.

"Our first son was born after the donation of bone marrow and was by nature, not from infertility treatment. It was because Jia-Jun had a business trip and had to stop the treatment, then I became pregnant." This was like good karma, and this luck returned to them. The couple now has two kids and understand the mother's feelings. Now they saved the stem cells and umbilical cord blood, so they can keep on helping others in the future.

Not a Talkative Man, But Lead the Circle of Good Deeds

Hung Jia-Jun is not a very talkative person, he answers every question with a short "yes" or "okay", sometimes

he makes the volunteer Lu Ai-Yu misinterpreted his action as he doesn't want to donate. After a while, the volunteers realized that the couple is very committed and enthusiastic of help others.

From the small amount of blood donation, the couple discussed this donation must be for a child. Today, they witnessed that child has grown up to be a healthy youngster. Since Tang Bin-Chen entered adolescence, he was also not very talkative. With shyness, he sincerely thanked Hung Jia-Jun gave him a reborn life, so he could live with family and go to school like other kids, and enjoy the sunshine.

Lin Chao-Chin prepared a backpack made by herself, along with the hand-made paper cranes by her son Bin-Chen, and presented to Hung Jia-Jun as an expression of their appreciation. Jia-Jun immediately put on the backpack and took a picture with his son. Mrs. Hung told Lin, "The recipient may change his character that similar to the donor. My husband is filial to his parents; Bin-Chen will be filial to you when he grows up." After going through past hardship, Lin Chao-Chin saw her child healthily growing up with gratitude.

The love of donating bone marrow is a pure love, the saving of fragile youthful life and let the other family intact is so precious. Best wishes to the donors: A home with kind-hearted people deserves happiness.



Miraculously Saving a Ruptured Heart

By Tseng Tsiu-Ying

A part-time delivery man collided with a truck late at night, and was seriously injured and sent to Taichung Tzu Chi Hospital. During the rescue process, it was found that the patient's heart ruptured and extremely critical. The medical team mobilized resources from five departments. Director Hsieh Shih-Rong of the Cardiovascular Center, with his many years of experience and judgement, adopted a coordinated approach using extracorporeal circulation machine to rhythmically drain blood, stitching of the heart, and the return oxygenated blood. It took at least half-an-hour for five stitches suture. After the patient recovered, he said gratefully, "My life is saved by a strong team at the Tzu Chi Hospital!"

Taking no credit for the operation, Director Hsieh Shih-Rong said: "In my many years of medical career, I have never encountered a patient with an accidental heart rupture who could be sent to the hospital and could be



The acute and critical care team of Taichung Tzu Chi Hospital urgently rescues a patient with a ruptured heart in the operating room.



Director Hsieh Shih-Rong (left) sent Mr. Zhong hand-painted color pictures of the heart before and after cardiac surgery.

rescued by surgery. Most of the patients with heart rupture lost too much blood and died at the scene. Zhong was saved by his own blood clot that gave valuable life-saving time for our medical team!”

A 35-year-old delivery man named Zhong was seriously injured in a car accident and was sent to the emergency department of Taichung Tzu Chi Hospital late one night. An examination found that



the patient had eight rib fractures on the left side and severe hemothorax, lung contusion, spleen rupture, pelvic fracture and pelvic hemorrhage. More than 1,000 milliliters blood were drained urgently, but bleeding continued. Due to unstable blood pressure, patient was rushed to the operating room. Patient cried out in pain along the way and went into septic shock unexpectedly. Thoracic surgeon Ke Chih-Lin and others convened for the rescue. Fortunately, the heartbeat and blood pressure recovered and the patient underwent thoracoscopic surgery.

During a thoracoscopy, Dr. Ke found that the main bleeding area was not near fracture chest wall, but a ruptured pericardium with blood oozing out intermittently. He suspected it was the rupture of the heart and/or a large blood vessel inside the pericardium. But strangely, the computed tomography taken in the emergency room before surgery showed absolutely no evidence of hemorrhage of a large blood vessel.

Director Hsieh Shih-Ron received an emergency call in the middle of the night and rushed to the operating room. After careful examination, it was confirmed that the heart ruptured. The bleeding area was two-finger wide behind where the pulmonary vessels and the heart merge. Director Hsieh found a hole was

covered by a ten-millimeter-sized blood clot, which just covered the hole so that the blood would not flow out in large quantities. More amazingly, there was also a crack outside the pericardium, allowing blood to seep out and form a delicate balance to prevent cardiac tamponade which could disable the function of the heart.

While witnessing the miracle of life, the biggest difficulty was to find a way to safely repair the hole in the heart. Director Hsieh decided in the shortest possible time to protect the brain, as well as other bleeding areas such as the spleen and pelvis. He used an extracorporeal circulation machine to drain most of the patient's blood to facilitate sutures. On the other hand, the need to add anticoagulant to the machine may exacerbate bleeding in the spleen and pelvis, increasing the risk of blood loss.

Firstly, Director Hsieh emptied some blood to the machine, taking advantage at the moment of pressure drop, he immediately stitched once with a needle, then pressed on the hole with his hand while starting the circulation of oxygenated blood back to the body. In close coordination with the circulation technician, it took him a few minutes for each suture back and forth. Director

Hsieh and the team patiently waited for the timing of each stitch, and made five stitches in total, but it took more than half-an-hour. After the heart was sutured, the medical team performed a whole-body scan, and a relay team to continuous imaging for bleeding in the spleen and pelvis areas.

After the operation, the intensive care unit and the general ward team took over the care relay. Zhong recovered

and was discharged after 26 days at the hospital. After a near-death catastrophe, he thanked the medical and nursing team for saving his life, and specially told the nurse who persuaded him to quit smoking that he did it! More importantly, he felt the pain and decided to end his slaughtering business. Tzu Chi volunteers also encouraged him to try vegetarian food and start a new life.



The patient Mr. Zhong's heart ruptured and extremely critical, Director Hsieh Shih-Rong of the Cardiovascular Center, Taichung Tzu Chi Hospital is the key person of saving Zhong's life.

Repaired Both Legs, Regain Mobility

By Xie Xinpei

“Thanks the Heaven, it gave my daughter a chance to start a new life. Thanks the Land, it relieves our family from suffering. Thank you, Tzu Chi, for the generosity of warm-hearted volunteers. Thank you again to Dr. Wang Chen-Chie from the Orthopedics department of Taipei Tzu Chi Hospital for repairing my daughter’s feet.” The mother of Xiaoyu (pseudonym) wrote this thank you note to Dr. Wang Chen-Chie for his benevolence and the help of Tzu Chi’s volunteers.

Survived from an Accident Fall – Suffering from the After-effects Injury

Eighteen years ago, Xiaoyu was sent to a local hospital emergency unit after an accidental fall from a building. At the time, her Glasgow Coma Scale was 8. She had an open fracture and comminuted fracture on both legs, and suffered a fracture of the lumbar vertebrae. However, none

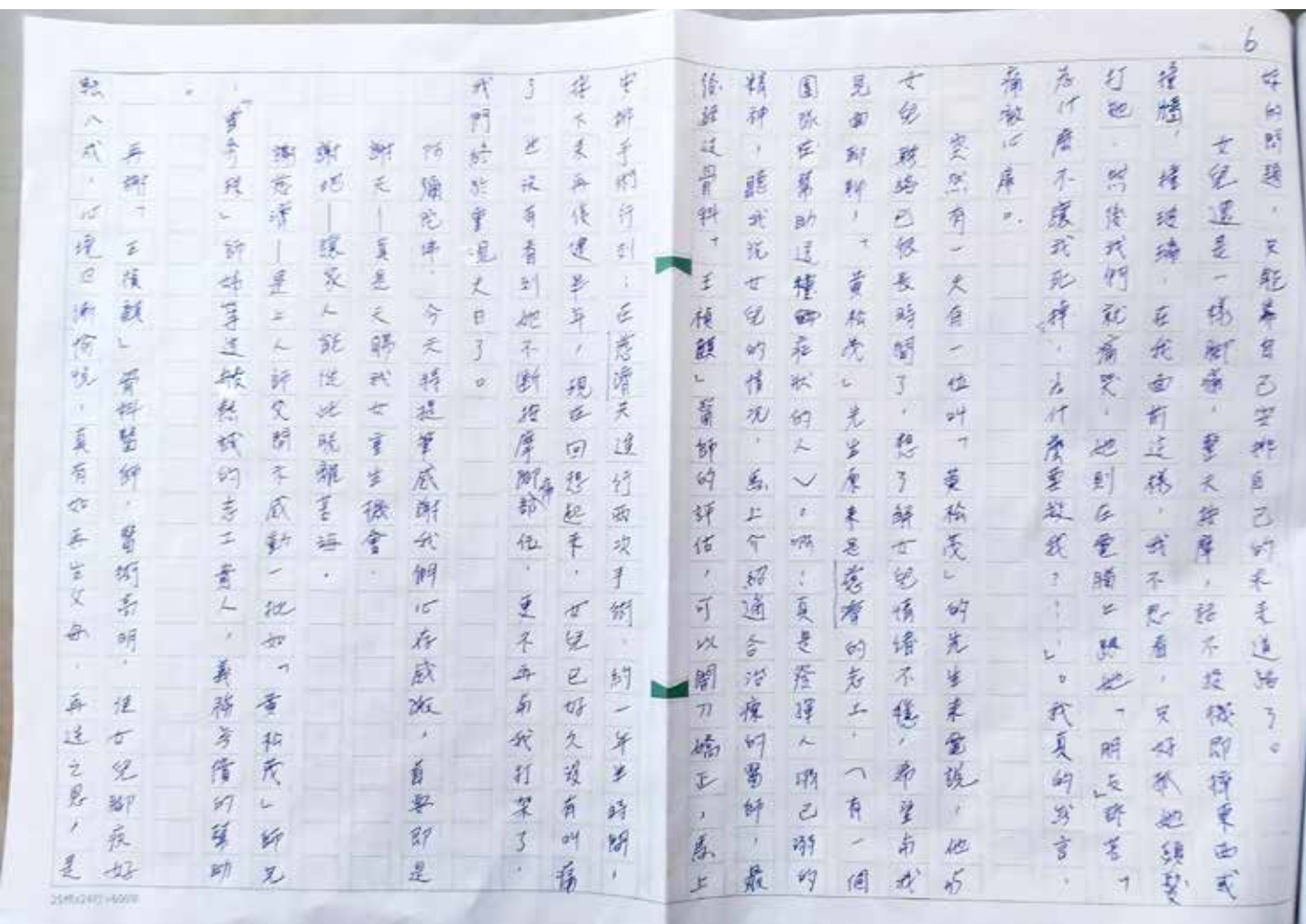


Xiaoyu thanked Dr. Wang Chen-Chie, orthopedics department, Taipei Tzu Chi Hospital with a bouquet.

of the orthopedic surgeons dared to take over her case. After a long wait, finally, a doctor was willing to perform an operation for her, and it went smoothly.

Witnessing Xiaoyu in coma for three weeks, and three months of big and small operations, her parents could only hug each other and cried. It was only

until Xiaoyu's condition stabilized; their hanging-in-mid-air hearts could finally settle down. After the operations, the doctor expressed that her injuries were severe, so aftereffect was inevitable even after all the treatment. She could only soak her legs in hot water when the legs hurt and go swimming when lumbar is



The Thank You letter to Dr. Wang Chen-Chie and Tzu Chi volunteers from Xiaoyu's mother.

painful.

The routine of soaking her legs in hot water and swimming became a daily ritual for Xiaoyu after she returned home from the hospital. The rehab she relied on for a long time could not alleviate the terrible pain. She had to stop after only a five or six steps walk. Facing with constant messaging on the injured legs, she was depressed. “We asked for help at several medical centers but the answer was the same: we missed the three-month golden healing period so treatment is unable to proceed,” said



The dislocation of Xiaoyu’s talus and calcaneus bones resulted in her distorted feet, affecting her life tremendously.

Xiaoyu’s mother. As she watched Xiaoyu suffer, she wished desperately that she could share her pain.

**Recommended by Tzu Chi
Volunteers, Perfectly Repaired
Both Legs**

Xiaoyu was fortunate to meet a Tzu Chi volunteer who learned about Xiaoyu’s injuries and suggested she seek treatment at Taipei Tzu Chi Hospital. Xiaoyu found Dr. Wang Chen-Chie online, then went to see him. Xiaoyu’s mom was



X-ray shows the length of both legs are different.

so happy and grateful when she heard Dr. Wang Chen-Chie was willing to treat Xiaoyu. It was like she saw a light of hope of her daughter living a normal life again.

Dr. Wang recollected the first time Xiaoyu sitting in a wheelchair. Inside of her right leg was distorted protrusion, and the collapse of the arch, causing uneven legs. According to the X-ray, the talus and calcaneus were displaced. This resulted in the oppression of the nerves near the talus bone. And the ligament of the right foot had an undesired



Dr. Wang carefully plan the orientation of the incision. He tried to minimize the incision to make it look nice.

recovery, and bone spurs were obvious. As a result, the pain was severe while standing, and had to rely on a crutch to walk.

Xiaoyu has slim legs, thin skin, and little subcutaneous fat. Therefore, the location and orientation of the incision must be carefully analyzed to minimized stitching and faster recovery. For this reason, Dr. Wang Chen-Chie had gone through many graphic designs and practices. Aside from memorizing the plan for the incision and the bone layout, he also wished the repair of Xiaoyu's right foot would be a success.

The First Stage: Osteotomy and Bone Graft - Thanks to Silent Mentors

The operation included an osteotomy and bone graft to realign the displaced talus and calcaneus. Based on his extensive clinical experience and 3D CT scan assessment, Dr. Wang Chen-Chie performed the surgery according to the incision orientation he designed. He also cleaned up the inflamed tissues surrounding the joint. Considering a large amount of bone lost as a result of two bones rubbing each other for a long time, he chose to use donated cadaver bone to repair and rebuild the damaged parts. Thanks to the body donors, as

known as Silent Mentors in Tzu Chi, their bones were preserved in good condition, which could provide a good environment for the growth of the patient's precursor cells. Eventually, the donated bones would become the patient's new bones, increasing the chance of healing. Finally, metal plates and pins were used to hold the bones in place, and x-ray imaging confirmed the condition of the realigned bones; it took more than two hours to complete the surgery.

The Second Stage: Micro Endoscopic Surgery to Restore Ligament, along with Rehabilitation

One year later, in consideration of the ligament on Xiaoyu's left foot, Dr. Wang performed a micro endoscopic surgery.

After the surgery Xiaoyu worked actively with a physical therapist. After 11-month effort, the recovery went well.



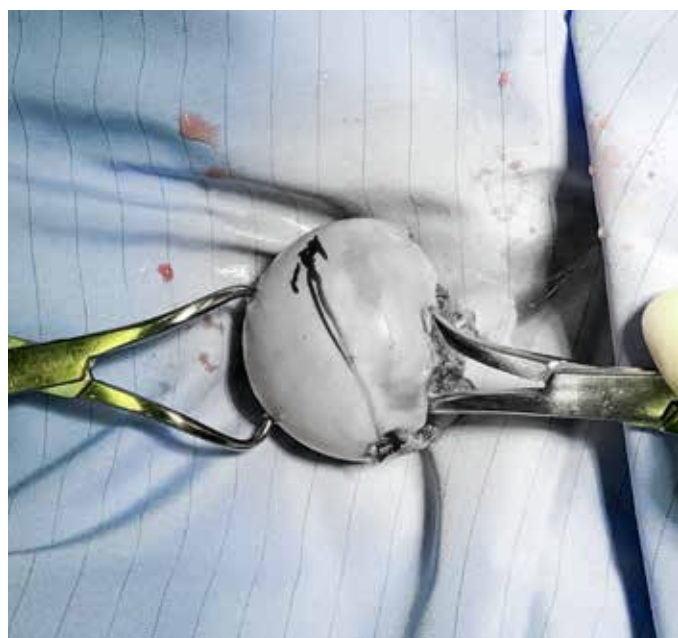
Dr. Wang Chen-Chie examined the recovery condition of Xiaoyu's right foot after the surgery.



The inside of the right foot was severely protruded and deformed, and the arch collapsed (left). Corrective osteotomy and fusion surgery were used to restore the bone (right).

She could walk through the help of a crutch, no more massage on the leg. Xiaoyu's mother was very grateful for all the changes after the surgery. Thanking Dr. Wang for giving Xiaoyu a chance to walk firmly again and free her family from misery. She also thanked the Tzu Chi family who suggested them to go to Taipei Tzu Chi to meet Dr. Wang. In gratitude for being able to walk once again, and have beautiful feet again, Xiaoyu offered Dr. Wang a bouquet.

Dr. Wang Chen-Chie said honestly that this surgery was not an easy one. Not every doctor wants to perform this type of surgery. It was not only because the surgery was complicated but also because the concern of how the incision might heal. However, he felt it was worth trying if it could reduce the patient's pain,



Utilize the cadaveric bones is part of bone integration of the surgery.

no matter how difficult it would be. He wished Xiaoyu a smooth future.

Anterior Cruciate Ligament Repair – Surgery and Strengthening Rehabilitation

By Chen Ping-Hung

Mr. Yu, a 32-year-old man, suffered a jogging injury. After hearing two snapping sounds in his right leg, he realized he had no strength in his leg and couldn't continue his exercise routine. After his arrival at the hospital, he was diagnosed with a ruptured ACL (Anterior Cruciate Ligament) and meniscus damage in his right knee. After undergoing reconstructive, minimally invasive arthroscopic surgery conducted by Dr. Liu Kuan-Lin, Director of the Sports Medicine Center, Hualien Tzu Chi Hospital, he fully cooperated with a comprehensive rehabilitation program. Six months later, the muscle strength in his right leg had been restored to the same level as that in his left leg.

Since cruciate ligaments are located deep in the center of the knee joint, they are invisible from the outside and can't be touched even if the knee is pressed. Sudden stops and turns when taking a shot during a basketball game or missteps during jogging tend to cause



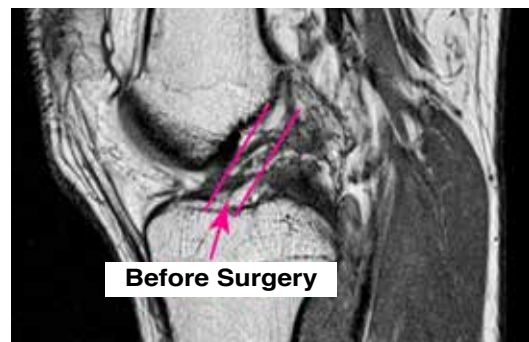
Dr. Liu Kuan-Lin, Director of the Sports Medicine Center, Hualien Tzu Chi Hospital

inward bending of the knees followed by a snapping sound. One to two hours later, patients start to experience pain and swelling in their knee joints, their legs give way, and they can't continue their exercise routines. These symptoms usually indicate cruciate ligament damage.

Dr. Liu points out that ACL damage in the knee joints has the following unique characteristic: bone fractures are generally associated with blood

clots caused by blood vessel rupture and pressure on the surrounding tissue results in inflammation. Slowly growing in-vivo substances encapsulate the injured part, resulting in bleeding and blood suffusion. Crucial ligament damage, on the other hand, is associated with blood in the knee joint cavity seeping into the surrounding tissue with no resulting blood suffusion or blood clotting. Surgery is therefore the only option for successful treatment.

Currently surgery options include physical and biological strengthening treatment. Traditional ligament repair or reconstructive surgery is a form of physical strengthening treatment. Biological strengthening treatment options include Platelet-Rich Plasma

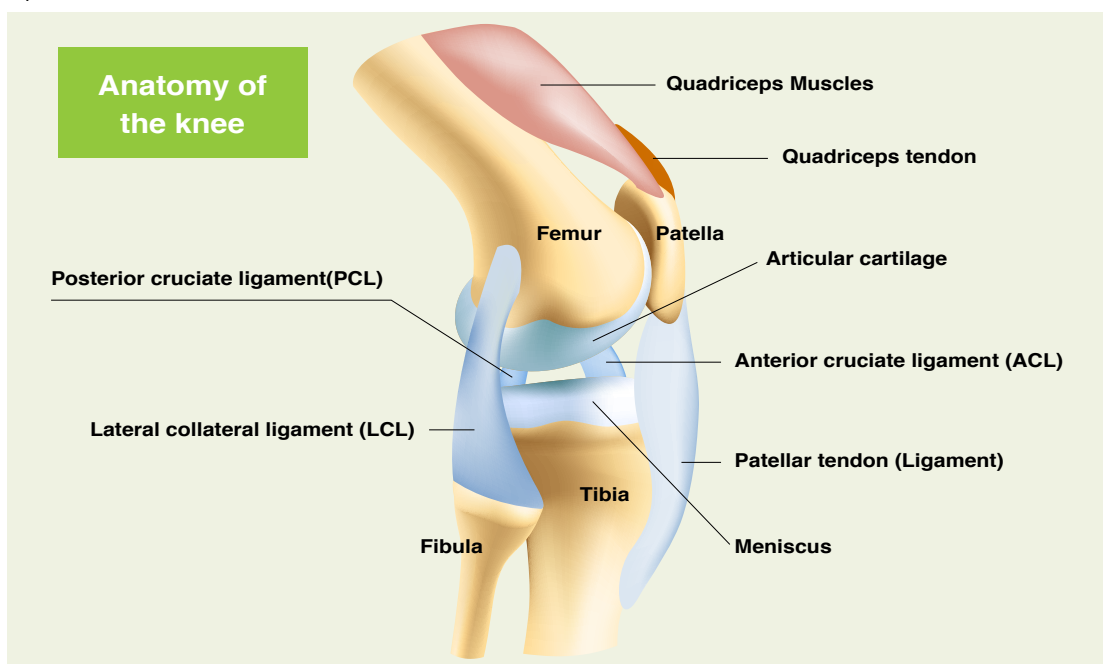


Before Surgery



After Surgery

MRI images of the ACL taken before and three months after surgery clearly show the recovery process.



Anatomy of the knee

Quadriceps Muscles
Quadriceps tendon
Femur
Patella
Articular cartilage
Posterior cruciate ligament(PCL)
Anterior cruciate ligament (ACL)
Lateral collateral ligament (LCL)
Patellar tendon (Ligament)
Tibia
Fibula
Meniscus

Injection (PRP) and Stromal Vascular Fraction (SVF) cell treatment. Dr. Liu stresses that treatment success tends to be strongly dependent on the patient's cooperation. Surgery ensures protection of the cruciate ligaments in the injured knee joint, but the injury also leads to muscle atrophy. The key to successful treatment is therefore not only successful orthopedic surgery but also post-surgery self-protection and continued strengthening rehabilitation to increase muscle strength.

Dr. Liu further recalls that Mr. Yu was unable to stand on his injured leg when he first examined him in the outpatient department. After diagnosing him with a ruptured ACL (Anterior Cruciate Ligament) and meniscus damage, he performed reconstructive surgery. On the first day after the surgery, the patient was able to perform basic leg lifting exercise after the anesthesia wore off.

After his discharge from the hospital, he continued his rehabilitation program under guidance by a physical therapist. Due to the fact that his knee was still swollen after the surgery, he could only perform simple yoga exercises three times a week in the first stage. After three to four weeks, he had to undergo knee bending and pull-aparts performed with force by the therapist. However, when his muscle strength was examined during a follow-up visit after

three months, it was confirmed that his ligament was fully repaired and recovery was normal, but it was also detected that significant muscle atrophy was present in his right leg. With a view to preventing future impacts on his work



ACL recovery three months after surgery.



ACL recovery can be accelerated with Stromal Vascular Fraction (SVF) cell treatment (shown in the image)

and life, he put even more effort into his rehabilitation routine which consisted of three 30- to 40-minute sessions a day. Under guidance by his physical therapist, he engaged in step-up, exercise ball, bridge, and plank exercises. He even utilized fitness equipment in a gym for his rehabilitation regimen. Sure enough, the muscle strength in his right leg had recovered to the normal level in his left leg at the time of a follow-up visit three months after surgery.

Mr. Yu recalls that his knees were stiff, and he was unable to walk right after surgery. He therefore had to rely on the knee bending training performed by his physical therapist, which was very exhausting and painful. However, he was forced to bravely endure the pain since his bad knee would affect his ability to take business trips and engage in his beloved ball sports. He states that he can run and jump without problems now and his athletic ability has been restored to 80% (his ultimate goal is 90%). It is his firm conviction that rehabilitation can increase muscle strength and prevent reinjury in the future.

Dr. Liu explains that in the first stage within four weeks after sustaining ACL damage in the knee joint, patients can engage in ankle joint, knee bending, straight leg raises, and quadriceps femoris stretching and contraction exercises along the bed. It is strongly



Swiss ball, rehabilitation exercises performed under guidance by a physical therapist.

recommended that patients continue their rehabilitation program in the prescribed order in accordance with the recommendations of the rehabilitation team after their discharge from the hospital to speed up recovery of the injured part.

Hualien

Operating Room with a Human Touch - Pediatric Surgery and Anesthesia Without Tears

February 23, 2022

An image showing Dr. Wang Jui-Ting, Attending Physician of the Department of Anesthesiology at Hualien Tzu Chi Hospital, holding a baby who has just had surgery in his arms on the way to the Recovery Room has been circulating on the Internet recently. A nurse holding the intravenous drip is at his side. Dr. Lin Shinn-Zong, Superintendent of the hospital, explains that this is the “Pediatric Surgery and Anesthesia Without Tears” Program which has been implemented for two years with the ultimate goal of creating a world-class, pain-free hospital and injecting human warmth into the cold and sterile operating room and ward environments.

Dr. Wang Jui-Ting states that this program was launched by Dr. Luk Hsiang-Ning, Director of the Department of Anesthesiology, and Dr. Yang Yao-Lin and Dr. Wang Po-Kai, the two Vice Directors of the Department. He shares that it is sometimes difficult to tell for the medical personnel whether babies are in pain or still drowsy from the anesthetic after surgery because they can't express themselves. Before the

adoption of the program, some of them would cry without end in the Recovery Room, which was heartbreaking to the mothers. The scene would turn into a teary mess, but the doctors still had concerns over the administration of pain killers since they couldn't determine whether the baby was fully awake or



A heartwarming image showing Dr. Wang Jui-Ting, Attending Physician of the Department of Anesthesiology at Hualien Tzu Chi Hospital, holding a baby who has just had surgery in his arms on the way to the Recovery Room has been circulating on the Internet recently.

not. The emergence of multimodal pain management technologies in the field of Anesthesiology four to five years ago provided the spark for the “Pediatric Surgery and Anesthesia Without Tears” Program.

Due to the small body size of infants and toddlers, it is almost impossible for medical personnel next to the surgeon to observe these little patients during surgery, but they are often in great pain after waking up from anesthesia. Dr. Wang shares his experience undergoing surgery as a young child. He recalls being terrified because he was surrounded by strangers wearing surgical masks. The team therefore racked their brains to think of what they could do for these little patients.

The “Pediatric Surgery and Anesthesia Without Tears” Program involves the administration of Dormicum, a short-acting sedative, administered in a fruit juice or in liquid form prior to anesthesia. Dr. Wang always tells his little patients that this is “the courage potion for little superheroes that will make you fearless!” After administration of the sedative, the infants become drowsy. Due to the temporary amnesia and anti-anxiety effect of the drug, they are not afraid and won’t cry even if they are surrounded by strangers.

Dr. Wang further points out that multimodal pain management technologies applied after anesthesia

gives doctors a clear grasp of nerve blocking and partial pain-killing effects of numerous local anesthetics injected near pain nerves through ultrasonic guidance in place of syringes. Infants are thereby kept warm during and after surgery and recover well.

After surgery, infants and toddlers can keep sleeping in the Recovery Room until the effect of the anesthetic wears off. Parents can come into the room to accompany and care for their little ones in a worry-free manner. When they wake up, they are no longer surrounded by strangers donning green scrubs and surgical masks but are in the company of their loved ones, which transforms the surgery into a more comfortable and warm experience.

Superintendent Lin states that the original motivation was to transform Hualien Tzu Chi Hospital into a pain-free hospital through interdepartmental cooperation between the Departments of Anesthesiology and Neurosurgery. The goal was to meet or exceed international standards for pain-free hospitals in the fields of acute and chronic disease therapies, OR surgery procedures, or ward treatment. Current achievements of the hospital in this field surpass international standards.

Director Luk adds that “Pediatric Surgery and Anesthesia Without Tears” represents a concerted effort of medical teams all over the world. However,

hospitals that fully embrace this concept are rare in Taiwan. Hualien Tzu Chi Hospital is the first hospital in the Hualien and Taitung area to implement such a seemingly difficult program, which poses a daunting challenge. Fortunately, the Department of Anesthesiology features numerous outstanding young doctors such as Dr. Yang Yao-Lin and Dr. Wang Po-Kai, the two Vice Directors of the Department and Dr. Jui-Ting Wang. Our achievements are a direct result of their passion and dedicated efforts over the past two years.

Director Luk further points out

that the Department of Anesthesiology selects two physicians to attend training programs administered by Mackay Memorial Hospital in Taipei and Chang Gung Children's Hospital in Linkou on an annual basis. The hospital has honed its capabilities to implement a large-scale anesthesia program for children over many years. If Hualien Tzu Chi Medical Center decides to establish a children's hospital in the future, the anesthesiologists of the hospital will be capable of meeting relevant requirements in the field of anesthesiology for children at any time.



Hualien Tzu Chi Hospital, the first hospital in the Hualien and Taitung area to implement a “Pediatric Surgery and Anesthesia Without Tears” Program, is deeply committed to creating a pain-free hospital. The image shows Director Luk Hsiang-Ning (first right), Vice Director Yang Yao-Lin (third right), and Dr. Huang Jing-Xuan (second right) of the Department of Anesthesia performing a simulated intubation with new epidemic prevention technologies. The procedure is monitored by Superintendent Lin Shinn-Zong (first left).



Taipei

Emergency CPR in Four Minutes Saving a Dying Person

March 3, 2022

70 years old Mr. Chen suffered a stroke two months ago. He was discharged to go home after his condition was stabilized. Recently, in the middle of the night, he felt the tightness of the chest, difficulty in breathing, lost consciousness and fell to the ground. His son was once trained as an emergency personnel, and was very alert about the situation. He judged that his father's heart had stopped. So he called the ambulance and immediately began to administer CPR on his father. When the ambulance arrived, they used automated external defibrillator (AED) and revived his vital sign. Then they transported him to Taipei Tzu Chi Hospital for emergency treatment. He was diagnosed with heart attack and severe blockage of the coronary artery. The medical team adopted hypothermia and "micro coronary artery bypass graft" surgery. Mr. Chen recovered and went home.

Before Mr. Chen had the stroke, doctor had discovered that the internal carotid artery was severely narrowed, thus, when his heart stopped, the medical team worried that this might



Taipei Tzu Chi Hospital Cardio Vascular medical center director Dr. Chang Yen led the team successfully cured the patient with myocardial infarction.

have damaged his brain. Although Mr. Chen's heart was revived, he was in deep coma. From the emergency room to the intensive care unit (ICU), and continuous extracorporeal hypothermia treatment, the family was informed slim recovery.

Luckily, when the patient's heart stopped beating, the quick and accurate emergency treatment was administered. With hypothermia treatment, Mr. Chen was out of coma after two days and soon was able to breath on his own without an external breathing machine.

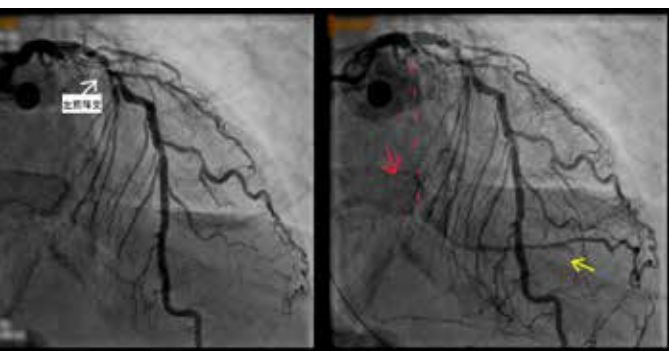
When a patient's heart and lung stop, the brain might be damaged due to a lack of oxygen. In general, the survival rate is pretty low if breathing and heart beat both stop. The chairman of cardiovascular medical department Dr. Chang Yen pointed out, "The brain can only sustain 4 to 6 minutes without oxygen, and this is the golden window. Exceeding that time duration, the

brain will suffer irreversible damage. The damage to the brain can range from memory deterioration, slow responsiveness, to vegetative or even brain dead. The longer the lack of oxygen the lower is the survival rate.” Therefore, the ideal time to revive the heart and lung to sustain the brain function is within 4 minutes after a heart attack. He noted that, although people have basic knowledge regarding CPR, they might panic and forget the importance of timing. Some would even try to wake the patient, thus missing valuable short time frame.

Mr. Chen’s son had once received CPR training, and he called the ambulance right away and administered CPR. Thus, Mr. Chen received the

immediate CPR, and was treated afterwards. Dr. Chang Yen described some patients received emergency treatment and revived the heartbeat. But because of a lack of oxygen, the brain is damaged or cannot recover from coma. “Hypothermia” treatment is used to control the temperature in order to let the patient wake up after an emergency treatment, and reduce the residual damage but increase the chance of recovery.

Although Mr. Chen avoided a vegetative state, he was not really out of danger. The cardiovascular doctor arranged the examination of cardio catheter and discovered that he had severe blockage in the coronary artery. If not treated immediately, he would suffer myocardial infarction. Because the blockage was too severe and narrowed the artery, he couldn’t be treated by using a stent. The only option was to have surgery. After the stroke, Mr. Chen’s right side body was very weak, if using the traditional surgery, he might not be able to do physical therapy to recover. After discussion with family, Dr. Chang Yen and Dr. Lo Chung-Yu decided to use Da Vinci surgical system to perform “coronary artery bypass graft”. Three days later, he was able to walk with a cane and recovered well and discharged from hospital two weeks later.



Cardio catheter picture: right before the surgery, the picture of the coronary artery, the patient’s coronary artery was very narrow because of severe blockage. One of them was completely blocked, disappeared from the picture. On the right side, the red dashed line should be returned to where the indicated place, but because of blockage, the blood relied on the smaller artery back to heart (yellow arrow)



Kuanshan

Alleviating the Suffering Caused by Diabetic Feet – A Pair of Shoes Embodies a Doctor's Love and Concern

February 22, 2022

Mr. Li, an elderly gentleman who lives alone, had tissue necrosis in his right toes several years ago, which was caused by an unhealed, chronic diabetic wound. As a result, two of his toes had to be amputated. Due to damage to his peripheral nerves, he frequently has no

perception of pain caused by injuries to his feet. He usually only notices such injuries if bleeding is present.

“Why is your foot bleeding again?”, a medical staff member of the Dialysis Ward of Kuanshan Tzu Chi Hospital worriedly asked when examining Mr. Li's chronic sole wound which refuses to heal. He replied that “rain boots are a nuisance when working in the fields because the mud sticks to them.” Mr. Li is a hard-working farmer who is used to tilling the fields bare footed. This complicates the wound healing process, but he doesn't mind. The only thing he cares about is his crops which provides



Dr. Wu Sheng-Teng, Vice Superintendent and Dr. of the Nephrology Dept. at Kuanshan Tzu Chi Hospital, provides meticulous care for every patient. In addition to the constant observation of patients' conditions and needs on his own initiative, he is fully committed to finding solutions for their problems.

him with food and clothing. The bleeding wound is no more than a scratch to him.

Dr. Wu Sheng-Teng, Vice Superintendent and Dr. of the Nephrology Dept., warned him during one of his ward rounds that “another amputation could be necessary if the process of repeated infection and inflammation of his foot can’t be stopped.” He personally urged Mr. Li to refrain from working in the fields before his wound was fully healed. Mr. Li told him that he was willing to heed his advice, but since the fertilizing period had arrived, he was forced to enter the field.

Profoundly aware of the drudgery and toil of farming, Dr. Wu had noticed that Mr. Li had wrapped his foot in a plastic bag to shield the wound from water exposure. Due to the fact that this is detrimental to the healing process, he gave him a pair of shoes with protective functions as a gift. Dr. Wu adds that “due to our concern, the patient realized how serious his condition was and that wound deterioration posed a constant danger. We therefore reached a consensus with the patient who expressed his willingness to cooperate in the therapy. As a result of his cooperative attitude and trust in the medical team, his wound gradually healed.” Dr. Wu further explains that special caution is required if diabetes patients with a heart stent have worsening wounds in their foot areas.

If bacteria spread to the upper parts, the whole leg has to be amputated. He shares how a dialysis patient with an infected leg wound had succumbed to septicemia.

Mr. Li says that he has “never encountered a doctor who was so concerned about him” and that he is “deeply grateful for all he had done for him.” The concern shown by the medical staff of the Nephrology Division over the past two years exceeds that of family members. He recalls how a member of the nursing staff suggested extending the dialysis treatment by one hour due to his concerning urotoxin levels during a follow-up visit. Since he was quite irritable and in a hurry to get back to his field that day, he brusquely rejected her advice and just walked away. Thinking back on this incident, he feels “sorry towards this staff member for treating her that way, but she wasn’t even angry!”

Ms. Wu Shu-Pin, Head Nurse of the Hemodialysis Unit, remarks that Dr. Wu is a very conscientious person and that he always meticulously observes the patient’s condition and needs. For instance, if a dialysis patient refuses treatment or expresses the wish to reduce the frequency of dialysis, he not only urges the patient to adhere to the dialysis treatment regimen but makes an active effort to understand the true reasons for his refusal. If there is a

solution to patient problems, he does his utmost to help them. If the patient has to cancel a visit due to family matters, we immediately arrange another time for the dialysis treatment. If a patient's mobility is deteriorating and there is a need for walking aids, Dr. Wu will inquire about the patient's available resources or refer the patient to a long-term care institution to ensure optimal care for the patient and his/her family members. Even after the patient is admitted to a long-term care facility, Dr. Wu follows up and shows continued concern for the patient to confirm he/she is properly cared for and will be able to continue dialysis treatment

in a worry-free manner.

The pair of shoes, which is a gift from Doctor Wu and encapsulates the love and concern for the patient, not only represents the perfect medicine for the patient's chronic wound but also tells a heartwarming story that occurred at the small town hospital.



As a direct result of the meticulous care and genuine concern shown by Dr. Wu and the medical team of the dialysis ward, Mr. Li finally realized the seriousness of his wound and was willing to cooperate in the therapy, which resulted in the gradual healing of the wound.

Taichung

**Home Visit by the General
Surgery Team to Show all-round
Concern for the Patient**

January 5, 2022

Dr. Yu Cheng-Chan, Director of the Division of General Surgery, Taichung Tzu Chi Hospital, paid a home visit to a patient, accompanied by his medical team, on January 15. His patient, a 71-year-old lady surnamed Li, had to undergo total gastrectomy due to cancer. The side-effects of oral chemotherapy which she was switched to last September have resulted in poor appetite and physical frailty. Director Yu therefore scheduled this special house call to show all-round concern for the patient. The team that accompanied Director Yu was composed of Dr. Feng Chi-Hsin of the Department of Chinese Medicine, Case Manager Wu Chun-Chu, Senior Social Worker Chiang Tzu-Meng, Pharmacist Li Chia-Hao, who provided medication advice and health education, Nutritionist Tsai Hsiang-Yu, who offered suggestions for home diets, and Head Nurse Chiu Syue-Ping, who utilized her free time to assist in taking the patient's blood pressure.

When the team entered Ms. Li's home, which is located in Fengyuan



Dr. Yu Cheng-Chan (first right), Director of the Division of General Surgery, Taichung Tzu Chi Hospital, visits Ms. Li in her home, accompanied by his medical team, to show genuine concern

District, they found the elderly lady who is usually amiable and affable sitting in the living room with a gloomy expression. It turned out that she had sprained her lumbar spine in the morning and was in so much pain that she couldn't move. She sat on a chair with a poor complexion, wailing and sighing in agony.

Dr. Feng applied Chinese medicine techniques to alleviate her pain. As she slowly stood up and tossed her crutch in a corner, the other team members looked at him with admiration. He revealed that he had utilized a remote coherent vibration technique to open another channel and thereby mitigate the acute symptoms the patient was experiencing.

As Ms. Li was pain-free, her gloomy expression turned into a smile, and she

exclaimed “I’m so glad you’re here!” The hospitable elderly lady who has been a vegetarian for many years had already prepared a cabbage stew and a “Ten Essence” herbal soup to help her guests dispel the cold. She generously shared the secret of her delicious tonic soup: “It must be served hot and stewed for a long time.” All her non-vegetarian guests were full of praise for this warming and tasty soup.

As they were chatting about their daily family life, Ms. Li’s daughter described the course of her mother’s illness. She recalled that her mother started to experience discomfort swallowing two years ago. After performing gastroscopy, her doctor immediately referred her to a big hospital. After a prolonged process of inquiry with several hospital and consideration of various factors, it was finally decided to transfer her to Taichung Tzu Chi Hospital. She also shared that her kind and warm-hearted mother was extremely delighted about this special visit by the medical team almost 18 months after completion of the course of treatment. The mental support offered by the team was most important to her.

For Nutritionist Tsai this was the second visit. He explains that patients like Ms. Li need more nutrition to make up for the weight loss after total gastrectomy. The patient reported after questioning

that her appetite had improved lately. As a result, her weight had increased from 33 kg to 37 kg and she could eat six meals a day. After inspecting her current nutritional supplements, the nutritionist provided guidance in the correction of misconceptions and the selection of suitable formula with higher protein contents. The calorie count of the recommended products is up to twice as high as that of her current products and



Dr. Feng Chi-Hsin (right) applies Chinese medicine techniques to alleviate Ms. Li’s lumbar spine issues



Nutritionist Tsai Hsiang-Yu (left) and Pharmacist Li Chia-Hao (right) meticulously record the patient's physical status and relevant recommendations.

they have a significantly greater protein content.

Pharmacist Li, who visited the lady for the first time, was aware prior to the visit that the patient had switched to oral chemotherapy only a short time ago. He was therefore well-prepared to educate the patient and her relatives on side-effects associated with these drugs that they might not be familiar with. After questioning the patient, he realized that both Ms. Li and her family members had a clear understanding of the medication. Despite the fact that his expertise was not needed, he expressed great delight at the diligence and determination displayed by the family members. Mr. Li stressed the great importance of the dedicated efforts of the members of

the medical team which is composed of experts in different fields to provide specific patients with the best advice possible, assess medication and dietary routines, show all-round concern for the patient through home visits, and engage in joyful chats on various topics beyond medical science with the ultimate goal of bringing a smile to their faces.

Ms. Chiu Syue-Ping, one of the dedicated nurses in Ward 9A, utilized her free time to participate in this visit. She took the patient's blood pressure at the beginning and end of the visit. Initially, the patient who felt morose and gloomy due to her sprained lumbar spine had a systolic blood pressure over 200 mmHg. Shortly prior to the team's departure, it had dropped to 170, which underscores the relaxing effect of the rest period associated with the visit.

Director Yu further points out that there isn't enough time for sufficient interactions during routine doctor visits and that there is a pressing need for comprehensive enhancement of patient care quality. The enlistment of a nutritionist, a pharmacist, and a Chinese medicine doctor to facilitate the provision of health education, guidance, and care for the patient during this special house call produced excellent results and fully achieved the goal of showing genuine concern for the patient.



Douliu

Medical Staff Bring Warmth in Winter, Rolled Up Sleeves to Build a Home for a Tzu Chi Care Recipient

December 3-6, 2021

The Wei family, who lives in Pingli, Changping District of Douliu, suffered

from insomnia due to the house that could collapse at any time. Medical staff from Douliu Tzu Chi Hospital, Tzu Chi Foundation Construction Office, and Yunlin Tzu Chi volunteers took the initiative to assist the Wei's households to repair their houses. Everyone humbled themselves, rolled up their sleeves and brought their children to join the force, bringing a warm breeze in cold winter.

Douliu's community Tzu Chi



Douliu Tzu Chi Hospital cooperated with the Tzu Chi Foundation Construction Office and Yunlin Tzu Chi volunteers to repair houses for care recipients.

volunteer, Lai Wenxuan, received a call for help and felt distressed about the Wei family's living environment. Because of the COVID-19 epidemic prevention period, she asked the family to turn on the mobile phone for the initial video interview, and then immediately contacted a social worker to discuss the feasibility of repairs. After a follow-up evaluation and the consent of the owner and the district officer of Changping, the renovation project was approved through a visit in September. Chen Wenliang, a senior specialist from the construction office of the Tzu Chi Foundation, went to the meeting many times, just to make sure that the Wei family would have a safe and comfortable home.

The construction officially started on December 3, 2021. Under the leadership of Supt. Chien Rui-Teng, the medical and nursing team and the volunteers cooperated with the professional guidance of the construction office, and contributed to the spirit of teamwork. The old walls in the house were cleaned and new paint was applied, creating a clean and bright house, no longer worrying about water leakage. The safety was also greatly improved.

Chen Wenliang, a senior specialist in the construction department of Tzu Chi Foundation, said that the Wei family's house is at least fifty years old, and the structure was made of bamboo. Because

of water leakage for many years, the bamboo has corroded and rotted, causing the beam structure to break in many places, and there is a danger of collapsing at any time. Therefore the team decided to completely update the roof structure. The repairs on the roof were completed by a professional team, and the colleagues and volunteers assisted in cleaning steel plates and moving building materials. The renovated house can be used for another 50 plus years.

Supt. Chien Rui-Teng said that taking advantage of the weekends, many colleagues took their children to participate in this meaningful activity, so that the children can see their blessings, inspire love and compassion. This meaningful event allowed everyone to



Supt. Chien Rui-Teng (middle) is grateful for this opportunity, joining with the hospital colleagues to walk into the community to show love.



The repaired roof is expected to last for more than fifty years.

donate their time, money, and love to help those in need. This is a kind of good and meaningful event for many people. I am very grateful to have this opportunity to show love for the community and jointly achieve the repair and decoration of this poor family's house.

Cai Huiwen, a colleague of Douliu Tzu Chi Hospital, said that in the process of giving, she took the opportunity to eradicate the unpleasant parts of her heart, so that her heart could be more settled, allowing her to continue to work hard to move forward. Rehabilitation Physical Therapist, Huang Keming said: "In the cold winter nights, when everyone is sleeping with a warm quilt at home, there are some people who may not be able to stay warm at night, and have to endure the bitter cold wind. Taking this opportunity to bring my family members to learn and give. I also brought my children to understand the sufferings of the world during this weekend."

"We often hear that Tzu Chi volunteers help poor families repair their houses." Weng Lijun, an outpatient

clinic head nurse, said, "Once here, I'm surprised! It seems like a simple job, but I didn't expect every minute detail. Whether it's removing screws, cleaning steel plates and sticking to them. Volunteers would teach us how to do it! We admired their physical strength, work attitude, and way of doing things."

Joined with her family of 4, head nurse Zhang Yaping went into the house to check the leaking roof. "The Wei family lives in this leaky house to endure cold raining days and poor soundless sleep, worrying about safety. My family is happy to help."

"When I was in elementary school and middle school, Tzu Chi's aunts and uncles came to help us even to this day. When I was young, my father had to take care of my mother and me. At that time, Tzu Chi aunts and uncles gave us a lot of warmth. It was really nice to have them, and I am very grateful." In her spare time, Wei made pineapple cakes and beauty chores to subsidize income for the family. She wished in the future, she will have the ability to help others.



Dalin

**Never Give Up,
Even with End-Stage Lung Cancer**

February 18, 2022

Ms. Lee lives in Changhua, Taiwan. She was once yearning for the land of ultimate bliss, and thought that death is nothing to worry about. Therefore, even she was diagnosed with life threatening cancer, she gave up treatments. Fortunately, because of the kindness

of Vice Superintendent Dr. Lai Chun-Lang, who would not let his patient to suffer the life ending pain. Under Dr. Lai's persistence, Ms. Lee's quality of life was improved and her live extended. Here, Ms. Lee shares her experience of fighting with cancer and encourages other patients not to give up.

Ms. Lee is 73 years old. More than three years ago, she was coughing and discovered traces of blood in her phlegm. At the beginning, she thought it was a symptom of microvascular rupture. As the bleeding re-occurred, for some



Vice Superintendent Dr. Lai Chun-Liang indicates that the improved tools and methods for diagnosis can identify the genes to fight cancer, and many of the cancer fighting drugs have mild side effects, therefore, improving the quality of life and extending the life of the patients.

times, she decided to visit Dalin Tzu Chi Hospital.

After blood testing, CT Scans, biopsy and many other tests, Pulmonary Medicine specialist Dr. Lai explained to Ms. Lee: "This is lung cancer of stage four, according statistics, your chance of survival is ..." That was like a thunder strike in a bright sun light day. Even before Dr. Lai finished his opinion, Ms. Lee was in a stage of extremely frustration.

Luckily, Dr. Lai treated Ms. Lee with the second generation oral based target drug for one year. She responded well with the target medicine, and the condition stabilized. But to the surprise of Dr. Lai, Ms. Lee refused for return visit. She is a Buddhist. When she was younger, she was the sole provider of her family. Now, the children all have their family, she has no more worry of their well beings. She thinks that her illness is just the phenomenon of cause and effect across lifetimes. Therefore, as her condition getting better, she stopped visiting the hospital and her focus is just pursuing for the land of ultimate bliss.

Vice Supt. Lai's office is extremely busy. Yet, the doctor remembers that Ms. Lee reacted to the treatment well but did not see her return for a long time. He worried that if the treatment stopped and the tumor started to grow again, her

condition would be very dangerous. So, Dr. Lai asked the nurse to call Ms. Lee and inquiring her situation.

Ms. Lee answered the phone and told the nurse that: "It doesn't matter now. I am old and I have lived long enough." Dr. Lai asked the nurse to keep calling and urging Ms. Lee to come back for a visit. But the return visit has never materialized. At the same time, COVID-19 hits. For a full year, Ms. Lee did not return to the hospital. Finally, during September of 2020, she visited Dr. Lai. At that time, the once under controlled tumor grew bigger, again.

As a matter of fact, Ms. Lee's last visit to the hospital was not seeking for treatment. She was deeply moved by the enthusiasm of the doctors and the nurses. She brought in fruits and refreshments to the hospital to express her appreciation. Thereafter, she did not go back to the hospital for two full months.

In September of 2021, Ms. Lee was coughing intensely. She was very tired and burnout, even could not step out of her bed. Then, her legs were swollen day by day, experiencing nausea, vomiting and lost appetites. In a short period of time, she lost more than ten kilograms of weight. She had trouble walking and could not breathe enough air. She felt very uncomfortable.



Dr. Lai studies the chest exam results of Ms. Lee and finds effective ways of cure.

Ms. Lee rushed to the Emergency and Dr. Lai arranged for her to stay in the hospital. This time the doctor found that her system was resistant to the medicine. So, Dr. Lai prescribed the third generation target drug. Soon, the tumor shrank and the condition was again under control. The medical team hoped that she would not refuse treatment. For Ms. Lee, the last episode of suffering was very hard to stand. She would not let it happen again.

Dr. Lai Chun-Liang explained that for cancer patients, the attack would come in sequence. If the cancerous genes could be identified, with the use of target drug would improve the condition, then the patient would be more relaxed. Many seniors do not realize the consequences and stopped using the drug. To the doctors, this is a very dangerous

behavior. Because stopping medication would induce drug resistance, and the tumor would take a worse turn. For a patient, the pressure of recurrence always accompany with every return visit.

Dr. Lai told Ms. Lee: "You are not a very cooperating patient. The medicine you are taking now is much better than the previous ones. Earlier, patients with terminally lung cancer the chance of survival is only about six months. Now, with the improved tools and methods for diagnosis, the cancer fighting genes could be identified and new drugs were developed. The rate of survival can be extended to five to six years. Furthermore, the side effects of the medication have been much reduced. Also, the quality of life of the patients is much improved."

Ms. Lee was very grateful for the care of Dr. Lai and the outpatient nurses. She would like to share her experience to the public with this message: "The period without treatment was a true disaster for me. For all my friends with illness, regardless of religious beliefs, I would like to tell them that, even though medical sciences could not truly extent our lives, they reduce our sufferings and improve our quality of life. Let's treat ourselves better and listen to our doctors. Don't give up."