

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 Passing the Baton – the Spirit of Orthopedic Medicine**

Editorial

- 8 Green Hospital, Joining Hands for the Future of our Planet**

/ Lai Ning-Sheng

Special Report

- 40 The Love and Legacy of Tzu Chi Orthopedics**

/ Yang Chin-Yen, Hong Jing-Ru, Lin Tzu-Yi, Tseng Ching-Fang

Humanities

- 54 When Chuang-Tzu Hops in a Maverick Fighter Jet**

Weekly Diary of the Fight Against the Pandemic in Ward 12B / Dr. Wang Yi-Chun

Affinity of Marrow Stem Cells Donation

- 68 Genes Are Amazing - A Twin Brother's Marrow to Save Another Twin**

/ Liu Chen-Chen

Health Supply Station

- 74 Transcranial Micro Current Simulation Therapy for Insomnia** / Jheng Ran-Shi

- 77 Stage 4 Pancreatic Cancer Successfully Reversed in Seven Months**

/ Hsieh Ming-Chin and Tseng Hsiu-Ying

Cover Story **P.10**

Dalin Green Living

Green Healthcare at Dalin Tzu Chi Hospital

/ Huang Hsiao-Chuan

- 28 Dr. Lin Ming-Nan's Eco-friendly Life Practices
and Green Lifestyle** / Yen Kuang-Sheng

- 34 A Family of Vegetarians Makes a Contribution
to Protecting Our Earth** / Sie Ning-Huei,



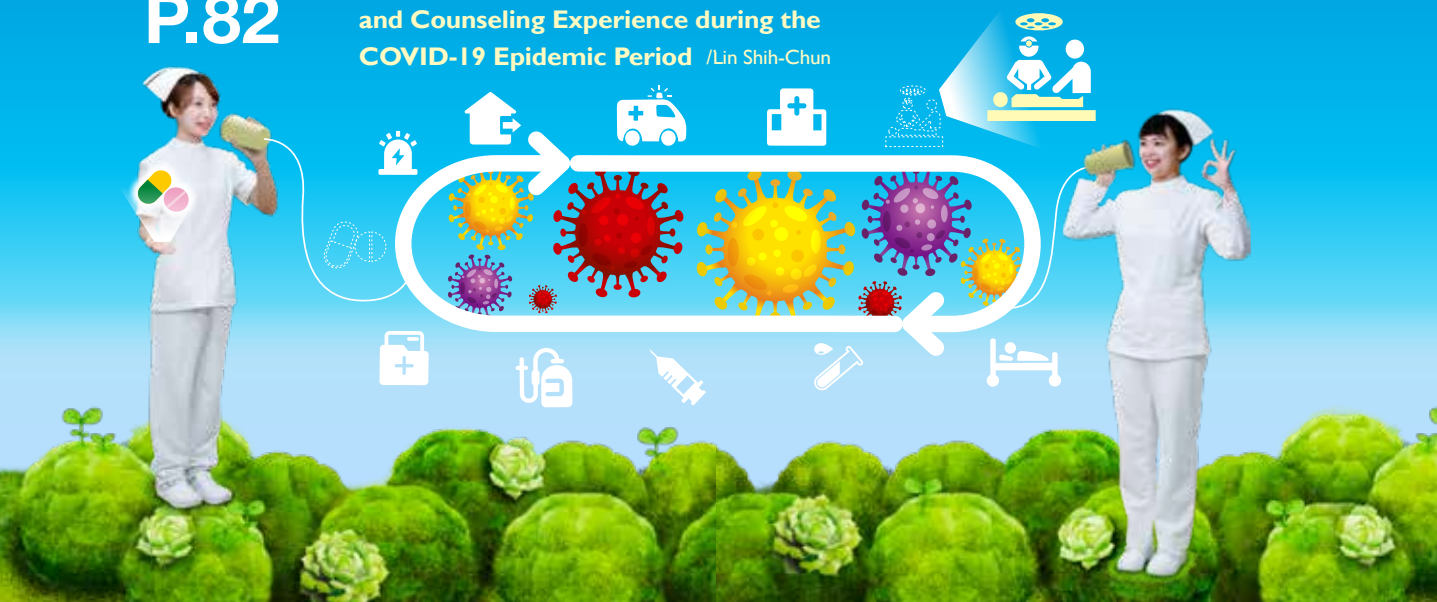
TZU CHI NURSING CARE

Cover Story

Cultivate New Sprouts

P.82

2021-2023 New Nurses Clinical Adaptation
and Counseling Experience during the
COVID-19 Epidemic Period /Lin Shih-Chun



94 **Be a Preceptor for New Nurses without Internship Experiences Caused by COVID-19** / Su Ya-Chi

97 **Accompany the Newcomers to Move Forward Bravely** / Lin Xin-Yi

White Coat vs. White Uniform

100 **Joint Effort to Promote Palliative Care for Dialysis Patients** / Dr. Li Chen-Hao

Volunteers Companionship

104 **Volunteers Bring Many Touching Moments on the Stage of Life** / Hsu Yen-Ping

Road of advancement

108 **An Exceptional Nurse with a Background in Emergency Care Loves Challenges and Pushes for Achievements by Fostering Unity**

Chou Ying-Fang, Nursing Department Supervisor, Hualien Tzu Chi Hospital

/ Hong Jing-Ru

Male Nurse's Diary

122 **An Ordinary Male Nurse on the Front Line to Fight COVID-19** / Lin Liu Wen-Bin

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, Yeh Chia-Chou
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, Tseng Ching-Fang
Deputy Editors-in-Chief	Chung Hui-Chun, Chen Chia-Jung, Wu Chiu-Feng, Li Yu-Ru, Peng Tai-Chu, Kuo Yu-Lun
Executive Editors	Wang Shu-Chen, Lin Yu-Chuan, Hong Yu-Long, Lin Shih-Chun, Liao Ru-Wen, Hsu Chi-Chen
Compilation Editors	Wang Wan-Hsiang, Fang Yu-Won, Jiang Jiin-Ling, Yu Tsui-Tsui, Wu Wan-Ru, Lee Yen-Fang, Lee Li-Chu, Chiu Szu-Ching, Lin Jhih-Yu, Chang Pei-Yu, Kuo Jen-Che, Fan Chiang Yu-Chen, Ma Yu-Chin, Chang Kai-Yen, Chang Lu-I, Chang Ya-Ting, Chang Mei-Chuan, Chang Mei-Fang, Chang Ya-Ping, Hsu Hui-Chi, Tsao Ying, Chen Szu-Chin, Chen Hsiao-Mei, Chen Yi-Hsuan, Chen Yueh-Er, Chuang Jui-Lin, Lu Shiou-Fang, Fu Shu-Ying, Feng Jul-Ling, Yeh Hsiu-Chen, Yeh Hui-Ling, Huang Shu-Wen, Hsu Yu-Chen, Pan Chao-Kuei, Tseng Chiung-Chen, Wu Hung-Lan, Huang Jun-Ho, Huang Shu-Yi, Huang Hui-Man, Tai Chia-Hui, Liao Hui-Yen, Liao Jil-Lian, Liu Yi-Ting, Liu Hui-Ling, Teng An-Na, Cheng Li-Chuan, Cheng Ya-Chun, Tsai Chuan-Hsiu, Tsai Pi-Chueh, Tsai Shin-Yann, Lai Hui-Ling, Hsieh Mei-Lin, Lo Shu-Fen, Wei Ching-Wen (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, Jheng Ran-Shi, Liao Wei-Ching, Yen Kuang-Sheng
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.Ho
Translators	Kit Ho, Alison Tsai, Hanpin Kan, Ingyung Tse, Olive Chen, Helen Chiao, Wesley Tsai
English Editors	Ron Boudeaux, Kit Ho
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-Com 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 © 2024 Buddhist Tzu Chi Medical Foundation. All rights reserved.

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

Teachings and Commentary on the Sutra of Infinite Meanings is compiled from the teachings expounded during the seven-day Buddhist retreats in 1972 and 1973. Master Cheng Yen explained the sutra word by word, verse by verse, and complemented it with many analogies and real-life stories, connecting matters to principles.

The Sutra of Infinite Meanings is the spirit that Tzu Chi must practice. Master Cheng Yen repeatedly explained the meaning behind fundraising and visiting the poor so that people attending the retreat could further understand how to cultivate their bodies and minds, thus learning and diligently practicing the Bodhisattva spirit.

Teachings and Commentary on the **SUTRA OF INFINITE MEANINGS** (Two Volumes) 《無量義經講述》英文版 (共二本)



Author: **Shih Cheng Yen**



Jing Si Books & Cafe



Jing Si Online Store



Passing the Baton – the Spirit of Orthopedic Medicine

After the completion of the first Tzu Chi Hospital in Hualien in 1986, the second hospital in Dalin began with a request from local residents and the Health Department. I hesitated but decided to take on the challenge when I heard of the dreadful “remoteness and difficulty in getting medicine” from local patients. At the time, people having major illness were shuttled north or south. Even when patients were successful in getting to the destination, family members often had great difficulty to be near their families.

When I heard of Dr. Chien Jui-Teng and his team sharing, I felt the humanistic characteristic of our orthopedic team, inherited from our Hualien Honorary Superintendent Chen Ing-Ho. Dr. Chen is a first generation teacher in Tzu Chi's orthopedic medicine, steadfast for over thirty years, earning the trust and respect of patients and peers. I am particularly impressed by his renowned medical practice as well as by his personal sentimental nature.

Dr. Chen started his career at Tzu Chi Medical Mission at a very young age. I remember seeing him making a call to a patient thirty years ago. Dr. Chen used his nose to examine a patient's fester wounds on the leg. It was astonishing and vivid to me, and remains so even now.

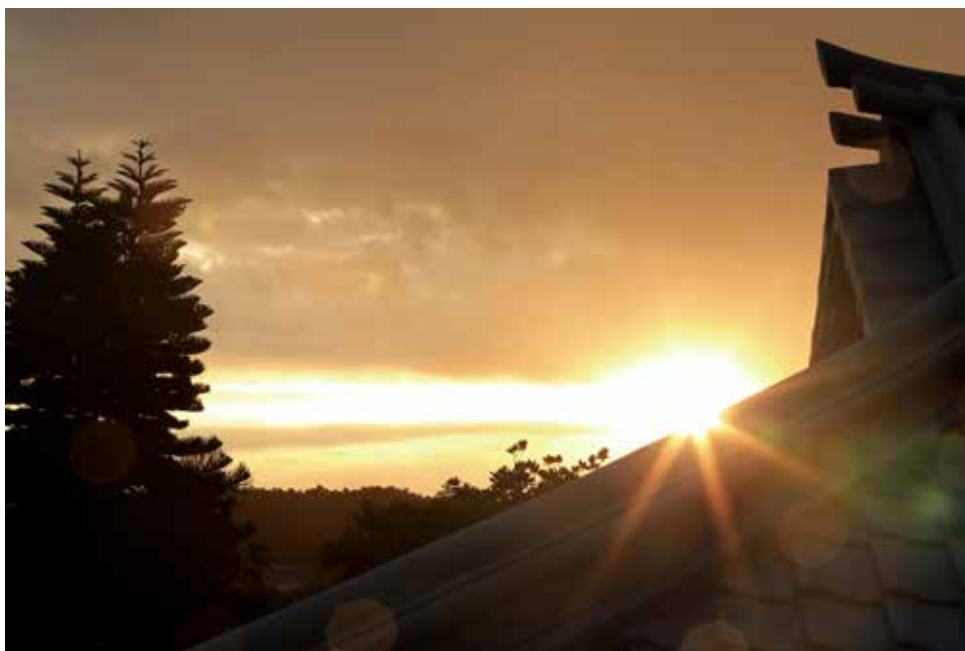
When I brought that incident up as an example of medical sincerity and love, Dr. Chen simply said, “I wanted to know what bacteria causes the infestation.” Instruments were not as sophisticated as nowadays and using the



sense of smell was rudimentary but necessary at the time. I witnessed the act of selfless great love.

I am full of gratitude to the medical mission good karma beginning at Hualien. While we were searching frantically for doctors, Dr. Chen responded to the call and said, “I am staying in Hualien forever.” He did make good on his promise. Over the years, three different generations of doctors were trained under his leadership.

The path to develop a medical mission is difficult. With eight hospitals in Taiwan, we need continuous sharing of experience to progress. As with Dr. Chen dedicating himself to his patients and colleagues, the spirit of medicine continuously bridges generational gaps. I hope to see the cultivation of more good doctors, like a tree growing to become strong and bear fruits.



Green Hospital, Joining Hands for the Future of our Planet

By Lai Ning-Sheng Superintendent of Dalin Tzu Chi Hospital

Climate change is the biggest health threat facing humanity in the 21st century. This threat encompasses death from extreme heat, infectious diseases, and famine. As members of a medical institution with high carbon emissions and high energy consumption, we are not only firmly committed to caring for our patients' health but also to the promotion of green hospital concepts in the medical field with a view to minimizing environmental damage.

Since the establishment of Dalin Tzu Chi Hospital, we have been steadfastly committed to the adoption of green building concepts and implementation of power and water conservation and resource recycling to make dedicated contributions to temperature reduction, energy conservation, mitigation of environmental impacts, and protection of our planet through carbon savings. As of the end of 2005, we make an all-out effort to implement the Health-promoting Hospital (HPH) concept which is centered around the four dimensions of environment, staff, patients, and communities in a systematic manner. Our efforts in this area have been recognized with countless awards.



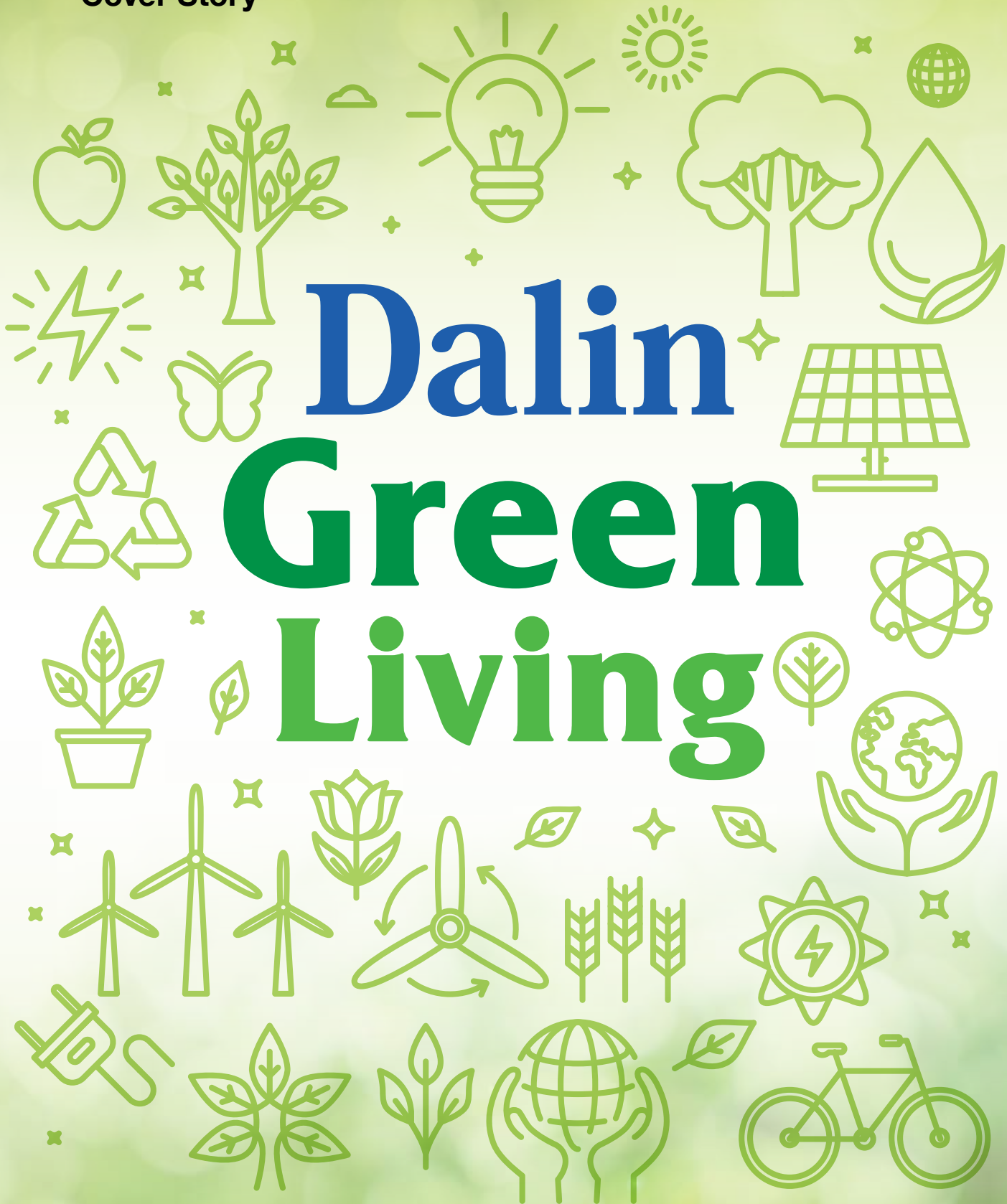
In addition to the installation of hard- and software facilities, we have adopted policies to support staff members in their attempts to incorporate green living concepts into their daily lives. Staircases in the hospital area have been beautified and converted into “health trails” to encourage staff members and visitors to take the stairs instead of the elevator. We also urge our staff members to turn off lights when not in use and implement water conservation by reducing the faucet water stream to the diameter of a chopstick.

Vegetarian meals are available in all hospital areas and our cafeterias refrain from the use of disposable tableware. In the context of our recent “Dalin Tzu Chi Green Forest” activities, we have encouraged our staff members to join the LINE@ life sphere group titled “2023 Dalin Tzu Chi Green Forest” and thereby motivate them to implement energy conservation and carbon reduction in their daily lives. Relevant measures and actions include turning off lights and computers when not in use, water conservation, non-use of disposable tableware, and selection of Green Mark-certified products. We remind our staff members to keep weekly records of actual achievements in this area. We further encourage them to practice green living and thereby help mitigate climate change through concrete action.

We share our experiences and engage in interactions and exchanges all over the world. In addition to participating in worldwide international conferences and organizing topic-based workshops and academic lectures, we have forged ties with numerous international NGOs that prioritize eco-friendly hospital operations such as Health Care Without Harm, Global Green and Healthy Hospital, and Sustainability Health and Education Foundation. Furthermore, we have signed cooperation memoranda with Khoo Teck Puat Hospital in Singapore, Health Care Foundation Nepal, Buddhist Tzu Chi Merits

Society Malaysia, and Griffith University. Ongoing international exchanges and cooperation centered around the three dimensions of education, research, and practice in the fields of climate change, disaster adaptation, eco-friendliness, and health promotion serve the purpose of taking the promotion of green healthcare to the next level. Over a period of many years, Dalin Tzu Chi Hospital has achieved brilliant results in successive green hospital-related international competitions.

The rising severity of flooding and droughts caused by climate change poses a major threat for human survival. This phenomenon also represents a pressing health issue. We therefore place simultaneous emphasis on care for our patients and the health of our planet. Dalin Tzu Chi Hospital is the first hospital in Asia to participate in the “2050 Race to Zero” campaign. We persist in our efforts in the fields of carbon emission inventories and implementation of improvements and corrective action to reach our goal of net zero emissions. In addition to the acquisition of ISO 50001 and ISO 14064 certificates, we have adopted international standards to gain the ability to detect and minimize potential environmental impacts present in our daily healthcare operations. Our ultimate goal is to become a benchmark hospital in Taiwan, assume a leadership role in the Taiwanese healthcare industry, and realize the key objective of net zero emissions prior to 2050.



A wide-angle photograph of the Dalin Tzu Chi Hospital. The hospital is a large, multi-story building with a modern architectural style, featuring a mix of light-colored and grey facades. It is situated on a hill, with a dense forest of green trees in the foreground and surrounding areas. The sky is clear and blue.

Green Healthcare at Dalin Tzu Chi Hospital



By Huang Hsiao-Chuan

The World Health Organization has declared climate change the “biggest global health threat of the 21st century”. It is expected that a rising number of threats and challenges associated with climate change such as health hazards caused by extreme heat, infectious diseases, and famines will emerge in the future. Healthcare institutions account for around 5% of global carbon emissions. Greenhouse gases generated by healthcare operations also contribute to the worsening of climate issues and the rising frequency of disasters. The “Race To Zero Campaign” launched by the UN aims to curb global warming, reduce the frequency of extreme weather events, and protect the health of our planet. As members of the healthcare system in Taiwan, we cannot afford to turn a blind eye to these issues.

Deep-seated Spirit of Green Energy and Environmental Protection – Power and Water Savings and Carbon Emission Reductions

Since the commencement of Dalin Tzu Chi Hospital in 2000, ongoing efforts have been made to implement environmental protection in different dimensions and encourage staff members to become vegetarians, use eco-friendly tableware, practice water and power conservation, and implement resource recycling. The hospital therefore places equal emphasis on caring for its patients’ and the environment’s health. Over the years, the hospital’s achievements in promoting environmental protection and green hospital concepts have been

Dalin Tzu Chi Hospital features indoor green walls and outdoor sky gardens, which not only reduce direct sunlight exposure but also beautify the environment. These features also represent a contribution to protecting the natural ecology.

recognized with numerous awards in Taiwan and abroad. Dalin Tzu Chi Hospital is also the first hospital in Asia and Taiwan to participate in the “2050 Net Zero Emissions” campaign launched by the UN to make a valid contribution to protecting our planet and our health.

During the construction of the hospital, green building design concepts were adopted including indoor green walls, sky gardens, and potted plants in corridors to beautify the environment and reduce direct sunlight exposure with the goal of saving energy. As far as lighting is concerned, natural ventilation and lighting and solar street lamps have been utilized for the building design. In addition, traditional lighting is gradually replaced with LED light fixtures and motion sensitive lighting has been installed in public areas. The electric power system of the hospital

is controlled by a smart energy monitoring system. Annual review and analysis are carried out at the end of each year with the aid of an energy management system and scenario simulation tools to determine directions for improvement. In recent years, the central monitoring system which controls water, power, and AC use has been successively updated. In addition, air conditioning units have been



equipped with inverter systems and AMB (Active Magnetic Bearing) chiller units have been purchased.

A reclaimed water recycling system was installed prior to the opening of the hospital. Motion-sensitive, automatic turn-off faucets which have been installed in public areas reduce faucet water use by around 50%. The outdoor area of the hospital which is paved with water-permeable pavers features an eco-pond and a cistern attached to the Da-Ai Farm.

The hospital offers free shuttle bus services to its patients to encourage them to use public transportation. Furthermore, resource recycling bins for nine different waste categories are available at each nursing station to facilitate the sorting

of different recyclable materials. With a view to promoting vegetarian diets with a low carbon footprint, all cafeterias and convenience stores in the hospital area exclusively serve and sell vegetarian meals and vegetarian food products. The ultimate goal is to turn environmental protection into part of the daily routine.

In addition to implementing energy conservation and carbon reduction through the installation of various hard- and software facilities, the hospital organizes different types of activities to encourage all staff members to adopt green living practices. In line with the plastic reduction policy of the Taiwanese government, Dalin Tzu Chi Hospital invited representatives of its subcontractors to



On March 18, 2019, Dalin Tzu Chi Hospital invited representatives of its subcontractors to issue a joint declaration with the hospital supervisors in support of the plastic straw ban initiative in hospitals to demonstrate its commitment to no longer offer plastic straws in the hospital and thereby fulfill its social responsibility to care for our earth.



Members of the Dalin Tzu Chi Hospital Engineering Department replace traditional fluorescent tubes with energy-saving LED tubes.

issue a joint declaration with the hospital supervisors in support of the plastic straw ban initiative in hospitals to demonstrate its commitment to no longer offer plastic straws in the hospital and thereby fulfill its social responsibility to care for our earth.

With a view to motivating its staff members to implement energy conservation and carbon reduction through concrete action, the hospital has organized the “Dalin Tzu Chi Green Forest” activity for three consecutive years. The duration of the activity has been lengthened successively from 21 days in the first year to 30 days in the second year and 90 days in 2023 to echo the spirit of “green living” for three consecutive months. Staff members are encouraged to join the LINE@ life sphere group titled “2023 Dalin Tzu Chi Green Forest” and practice green lifestyles for three consecutive months. The activity



Members of the General Affairs Office of Dalin Tzu Chi Hospital conduct environmental protection training in all hospital units to enhance the recycling mechanism for biomedical and general items.

involves a wide range of green actions such as weekly statistics of achievements in turning off lights and computers when not in use, no elevator days, reduced personal vehicle use, cherishing of food, healthy vegetarian meals, water conservation, use of cloud-based invoice APP, banning of disposable tableware and bottled water, repeated use of plastic bags, and use of 100% recycled toilet paper and designated Green Mark-certified products. The goal is to foster eco-friendly lifestyles and make joint contributions to energy conservation and carbon reduction. Estimated carbon footprint savings of the 30-day activity in 2022 amounted to 29,874 kg. It has been determined that if the aforementioned green actions were implemented over the whole year, carbon savings would add up to 363,467 kg, which is equivalent to the

total CO₂ adsorption capacity of 29,989 trees.

Mr. Hou Chun-Yen, Director of the General Affairs Office points out that “our actions can help reduce global carbon emissions. Turning off lights and computers when not in use and taking the stairs instead of the elevator is not only conducive to energy conservation but also to personal fitness. We have to remember that the reduction of environmental pollution and waste burdening our ecosystems is the responsibility of every citizen of the world.”

Taking the Initiative in Aligning with International Standards – Health Promotion Through Green Hospital Concepts

In addition to its determined efforts in the field of hard- and software installations and concrete actions, Dalin Tzu Chi Hospital has put out feelers to every corner of the world. Through cooperation with international organizations, the hospital gains the ability to expand its horizon and share its achievements.

Dalin Tzu Chi Hospital actively participates in the international HPH



Dalin Tzu Chi Hospital has organized campaigns on occasion of Earth Day for several consecutive years. Staff members were invited to join the LINE@ life sphere group titled “2023 Dalin Tzu Chi Green Forest” and practice green lifestyles for three consecutive months.



Dalin Tzu Chi Hospital actively responds to various energy-saving and carbon-reducing measures facilities, such as updating the magnetic levitation ice water machine to improve air conditioning efficiency.

(Health-promoting Hospital) network. Since the first dispatch of a delegation to participate in the 15th annual HPH conference held in Vienna in 2007, a total of 77 hospital staff members have attended such conferences over 13 consecutive years. In the context of these conferences, hospital employees have presented 50 papers in oral format and 49 papers in poster format. They also gave two keynote speeches.

The Taskforce of HPH & Environment of the International HPH Hospital Network was established in 2010, convened for its first meeting in Manchester, UK. Dalin Tzu Chi Hospital assisted in the planning of this meeting. Dr. Lin Chin-Lon, CEO of Buddhist Tzu Chi Medical Foundation, took over as Chairman of the Taskforce in 2014. Vice Superintendent Lin Ming-Nan succeeded him as Chairman in 2018 to continue the mission of promoting green hospital concepts.

Bronze Award in the Hospital Category of the National Biotechnology and Medical Care Quality Awards

Dalin Tzu Chi Hospital's unwavering commitment to promoting green hospital concepts is reflected in the adoption of nine environmental indicators, which is unprecedented in Taiwan. As a result of its annual carbon savings in excess of 1,470 tons and various health promoting hospital programs, Dalian Tzu Chi Hospital became the first hospital worldwide to be honored with the Model Award for Outstanding Fulfillment of WHO HPH Standards. Its efforts in this area were further recognized with a Bronze Award in the Medical Administration Section, Hospital Category of the National Biotechnology and Medical Care Quality Awards in 2022.

Bronze Award at the 45th IHF (International Hospital Federation) Excellence Awards for Green Hospitals

Dalín Tzu Chi Hospital has achieved brilliant results in the field of health promotion and green hospitals. The hospital currently partners with seven major international organizations in its efforts and contributions to global sustainability. Over the years, it has also participated and earned countless awards in numerous competitions and exchange

activities held in Taiwan and abroad.

Severe climate change and the realization that natural resources are depletable have resulted in a rising sustainability awareness and the formulation of 17 Sustainable Development Goals (SDGs) by the United Nations in 2015. Dr. Lin Ming-Nan, Vice Superintendent of Dalín Tzu Chi Hospital, who is in charge of the overall planning and promotion of sustainable development, points out that in addition to the ongoing provision of compound screening, joint evaluation services for pre-



The hospital frequently organizes health-, environmental protection-, and energy conservation-related activities to provide staff members with opportunities to form good habits of green action.

school children, and healthcare services in remote townships in response to the rapid population aging in such areas, the hospital has been actively committed to the promotion of environmental protection since its inception. This unwavering commitment is reflected in the signing of the UN “2050 Race to Zero” commitment in 2021.

In November 2022, Vice Superintendent Lin represented Dalin Tzu Chi Hospital at the 45th World Hospital Congress held in Dubai. At this event, the program titled “Race to Zero by

2050, Climate Action of the Hospital—from Patients, People to Planet, which aims to encourage staff members to take green actions such as cherishing water resources, turning off lights when not in use, taking the stairs instead of the elevator, and using eco-friendly tableware to achieve carbon reduction goals, was recognized with the Bronze Award of the IHF Excellence Awards for Green Hospitals. Dalin Tzu Chi Hospital is the first medical institution in Taiwan to earn such an award.

The World Hospital Congress, which





is organized by the International Hospital Federation (IHF), dates back to 1929. The 45th edition of the congress was held under the theme of “Global Learnings, Local Actions: Sustainable Healthcare”.

IHF is an international, non-profit, and non-governmental membership organization. It serves as a platform for

knowledge and strategy exchanges and networking with hospitals and healthcare institutions all over the world. It also provides opportunities for international cooperation. In addition to its steadfast commitment to improving the quality of healthcare service delivery and promoting patient safety and workplace health,

First hospital in Taiwan to adopt nine environmental indicators:

- 1. EUI (Energy Use Intensity):**The EUI value of 159.2 kwh/M² in 2021 was lower than all its peer hospitals in the same year.
Energy intensity = Annual power consumption in kWh/floor area
The upper limit for regional teaching hospitals and medical centers is 200.3kwh/M² and 239.8kwh/M², respectively.
- 2. Water:** The hospital's water consumption is lower than all its peer hospitals (daily water consumption per bed was 0.58 m³) .
The standard set by the Water Resources Agency of the Ministry of Economic Affairs is 0.69 m³ and 0.96 m³ per bed/day for regional hospitals and medical centers, respectively.
- 3. Vegetarianism:** Vegetarian meals are available in all hospital areas
- 4. Commuting:** Around 60% of all staff members stay in the hospital dorm, which ensures a low transportation carbon footprint.
- 5. Guideline formulation:** Assistance to the Health Promotion Administration in the formulation of Standard 8 (Climate Action) of the Healthy Hospital Accreditation
- 6. International model awards:**Model Award for Outstanding Fulfillment of WHO HPH Standards in 2012 (first hospital worldwide to earn this award) and International Environment-Friendly Hospital Team Work Best Practice Award in 2013
- 7. Main author of the Climate Change and Health Chapter of a textbook of Taiwan Association of Family Medicine** (first time climate change issues have been included in a textbook of a medical society)
- 8. Assistance in the planning of the first meeting of the Taskforce of HPH & Environment,** which was established by the Health Promotion Administration in 2010 (location: Manchester, UK), organization of annual discussion forums at International HPH Conferences, and publication of green hospital manuals
- 9. First hospital in Asia and Taiwan to join the UN Net-Zero Initiative**



Dalin Tzu Chi Hospital is honored with a Bronze Award at the National Biotechnology and Medical Care Quality Award Ceremony. Superintendent Lai Ning-Sheng (center) and Vice Superintendent Lin Ming-Nan (right) accept the award from Vice President William Lai on behalf of the hospital on February 14, 2023.

it has placed rising emphasis on the sustainability of healthcare systems in recent years. The goal is to demonstrate the determination of the healthcare sector to make a valid contribution to mitigate the worsening of the climate crisis.

Immediate adoption of medical waste reduction actions and implementation from top to bottom

With the active support of Superintendent Lai Ning-Sheng, Vice Superintendent Lin Ming-Nan is not only deeply devoted to promoting the health-

promoting hospital concept in Taiwan but also to disseminating Taiwanese experiences in other countries. Shortly after his return from the US where he attended the CleanMed conference in May, he traveled to Hamburg, Germany to participate in the HPH Governance Board Meeting in mid-June.

Superintendent Lin stresses that the healthcare sector is responsible for around 5% of global carbon emissions. In the US, the healthcare industry accounts for an even higher share of 8%, while the Taiwanese healthcare sector constitutes only 4.4% of domestic emissions.



Greenhouse gases generated by healthcare operations also contribute to the worsening of the climate crisis and the increasing frequency of disasters. These gases affect human health in different ways, resulting in a bigger demand for healthcare services, which in turn leads to more GHG emissions and waste and the formation of a vicious cycle.

In 2007, the Taiwan Society of Health Promoting Hospitals was established, and a “healthy hospital” accreditation system was adopted. In line with international trends and developments, “Climate Action” was added as a new standard to the original seven standards. The later revised “Hospital Climate Action” provision stipulates the formulation of an emergency disaster response plan and relevant operating procedures to meet the needs and requirements of climate change risk and crisis management by hospitals coupled with the implementation of drills. Vice Superintendent Lin further points out that the Taiwanese healthcare sector continues to cooperate with Health Care Without Harm (HCWH) and Global Green and Healthy Hospitals (GGHH).

Vice Superintendent Lin believes that the relative lack of concern on the part of senior management members of a significant number of hospitals despite the promotion of environmental protection over many years represents the biggest challenge. As a result of the neglect of the government to adopt policies and

International Awards & Recognitions

2012

Model Award for Outstanding Fulfillment of WHO HPH Standards (first hospital worldwide to earn this award)

2013

International Environment-Friendly Hospital Team Work Best Practice Award



2015

Health Care Climate Challenge Award – Climate Leadership Gold Award and Climate Resilience Silver Award

2020

Health Care Climate Challenge Award - Climate Leadership Gold Award and Climate Resilience Gold Award

2022

Bronze Award at the 45th IHF (International Hospital Federation) Excellence Awards for Green Hospitals

2023

2nd Asia-Pacific Sustainable Action Awards – Health and Well-Being Award(Presented on July 21 2023)

standards early on to deal with this issue, medical practitioners in Taiwan have failed to prioritize this issue in their busy schedules. However, in the wake of the inclusion of hospital climate actions in government policies, many hospital managers are starting to pay attention to the issue.

Vice Superintendent Lin cites the example of an event that took place several years ago. He was invited to share in a series of seminars held in Taipei, Taichung, and Yunlin how to promote green hospital concepts in local hospitals. Most participating trainees were not hospital supervisors, but rather engineering and general affairs unit personnel put in charge of this task. He therefore realized that these seminars were not very helpful for the promotion of such concepts in hospitals. He further remarks that top-down authorization has facilitated promotion efforts in the last two years.

Taiwan Institute for Sustainable Energy Research (TAISE), which is chaired by Ambassador Eugene Chien, paid relatively little attention to health issues in the past. In recent years, the institute has come to understand the importance of implementing environmental protection in hospitals. After attending the UN Climate Summit last year, former summit participants from all walks of life were invited to share their experiences. While such activities were not very popular in the past, the event in 2022 drew over 300 participants, which is a clear indicator for the rising importance attached to this issue in Taiwan. For instance, 25 hospitals eagerly registered for the nationwide “Climate Impact & GHG Inventory Tool Workshop”, which was held in April 2023 and had a limit of 40 participants.

Dalin Tzu Chi Hospital currently conducts ongoing inventories in the context of ISO 50001 and ISO 14064 certification audits to detect

Dalin Tzu Chi Hospital participates in the following 7 international organizations:

- 1. Health Care Without Harm, HCWH**
- 2. Global Green and Healthy Hospital, GGHH**
- 3. Conference of the Parties, COP**
- 4. CMUSA: CleanMed USA, CleanMed**
- 5. CMEU: Clean Europe, CleanMed**
- 6. UNEP**
- 7. Sustainability Health and Education (SHE) Foundation**



insufficiencies. Noteworthy improvements include the replacement of AC units and lighting fixtures in the hospital area, enhanced elevator design, and upgrades of main energy-consuming equipment. The ultimate goal is to reduce energy consumption and boost energy efficiency.

Zero Emissions is not a dream – inventories of healthcare-related GHG emissions

Buddhist Tzu Chi Medical Foundation, Chiayi Dalin Tzu Chi Hospital, Health Care Without Harm (HCWH), Global Green and Healthy Hospitals (GGHH), and Taiwan Society of Health Promoting Hospitals jointly organized the first “Climate Impact & GHG Inventory Tool Workshop” in Taiwan at Tzu Chi Jing Si Hall in Xindian from April 11 to 12, 2023. On April 13th, they also hosted the first-ever Asian “Race to Zero” summit in Taiwan.

This workshop drew participants from 25 Taiwanese hospitals who wished to learn more about GHG inventories. It also featured 16 experts from the US, Vietnam, Indonesia, the Philippines, Malaysia, and the UK, who shared their professional experiences. This workshop aimed to raise the climate change and health competence of participants by familiarizing them with the climate inventory tool and by scheduling actual drills. They also

learned how to apply this tool to their zero emission tasks and thereby aid their joint efforts to protect global health.

Health Care Without Harm (HCWH) is an international NGO, which appeals to healthcare institutions worldwide to promote environmental sustainability and GHG emission reductions. In the face of the severe challenges posed by global climate change, the healthcare system has a moral obligation not only to safeguard public health but also to make valid contributions to mitigating carbon emissions realizing sustainable development. HCWH is also an official partner of the UN Race to Zero campaign which strives to enlist 11,500 hospitals worldwide by 2050. The Tzu Chi Medical Mission is deeply committed to safeguarding lives and health with love and compassion and upholding the spirit of Tzu Chi environmental protection. Against the backdrop of long-term efforts to promote green hospital concepts, Taiwan Society of Health Promoting Hospitals guides its member hospitals on the path toward becoming sustainable, eco-friendly healthcare institutions.

Ramon San Pascual, Executive Director of Health Care Without Harm, Southeast Asia shares that the main purpose of inventories is to gain a clear understanding of the origin and quantity of an institution’s GHG emissions which greatly facilitates the formulation of action



Buddhist Tzu Chi Medical Foundation, Chiayi Dalin Tzu Chi Hospital, Health Care Without Harm (HCWH), Global Green and Healthy Hospitals (GGHH), and Taiwan Society of Health Promoting Hospitals jointly organized the first “Climate Impact & GHG Inventory Tool Workshop” in Taiwan at Tzu Chi Jing Si Hall in Xindian from April 11 to 12, 2023.

plans and guidelines in the future. WHO and HCWH have jointly developed a GHG inventory tool and online reporting platform that suits the needs and requirements of healthcare institutions. The goal is to enable institutions to conduct inventories of greenhouse gases caused by different types of business activities.

Vice Superintendent states that organizations place increasing emphasis on carbon inventories. With a view to promoting net zero emission strategies

among healthcare institutions, HCWH has organized numerous online seminars. In the wake of the gradual lifting of COVID restrictions, the organization held its first workshop in Taiwan to help local hospitals get aligned with domestic and international trends.

On the day after the workshop (afternoon of April 13), experts from different countries and representatives of Taiwanese hospitals assembled at the Tzu-Chi Jing Si Hall in Xindian to attend

the “Race to Zero” summit. The summit served as a forum for exchanges and learning in the fields of resource inventories associated with the promotion of net-zero and carbon reduction strategies in hospitals, formulation of action plans, and ways for hospitals to implement relevant plans and programs.

Global commitment sparks hope for the realization of zero-net emissions in the healthcare sector

It is imperative to combine inventories and carbon emission reductions with different ways to increase carbon sinks. The term “carbon sink” refers to anything that absorbs or stores carbon dioxide. Since forest carbon sinks represent the primary method, forestation is one of the best strategies.

In addition, green energy considerations were fully integrated into the design of the new hospital building. Hardware facilities and means of transportation were also added. With a view to replacing gasoline-powered with electric vehicles, the hospital subsidizes EV purchases by its staff members. All these positive actions are directly or indirectly conducive to green healthcare.

Vice Superintendent Lin states earnestly: “Despite the fact that 2050 is still over two decades away and many of us will no longer be around by then, we



In the afternoon of April 14, 2023, thirteen members of NGOs from six different companies in Europe and Asia lauded resource recycling bins for over nine different waste categories placed in wards and nursing stations and the aquaponics system in the Geriatric Psychiatric Day Care Center attached to the Residential Long-term Care Center as paragons of green healthcare.

have to make arrangements for the next generation. Although the goal of net-zero emissions seems difficult to achieve, there is a chance for success since the whole world is committed to realizing this goal. The development of new technologies is bound to continue. For instance, the efficiency of solar panels and power use will continue to increase. Improvements

in the field of pharmaceuticals that contribute to the GHG effect will also be implemented. Since pharmaceutical manufacturers all over the world consider this a key task, we should not think it is impossible.” He further stresses that “It is possible to achieve net-zero emissions if we keep believing and don’t give up. We cannot relent in our efforts to preserve a livable environment for the next generation. Net-zero emissions may not be viewed as a high-priority issue in the healthcare industry. Our mission is to ensure that everyone attaches great importance to this issue.”

Vice Superintendent Lin quotes the following statement of the WHO: “Climate change is the biggest health threat in the 21st century. Humanity continues to

encroach on wildlife habitats, which will result in a surge of zoonotic diseases. COVID-19, which has transformed the world in recent years, is a notable example. We are bound to face many more threats in the future. If we fail to address and tackle this issue, we will have to deal with a rising number of threats and challenges in the future. This is our role and duty as healthcare professionals.”

Net-zero emission is not a dream! We call upon all colleagues to fulfill their responsibility as citizens of the world by placing simultaneous emphasis on caring for patients and the health of our planet. The ultimate goal is to transform healthcare institutions all over the world from polluters into protectors of the environment.



On April 14, 2023, 13 members of relevant non-profit organizations from six European and Asian countries visited Dalin Tzu Chi Hospital. They saw nine types of resource recycling bins at the ward nursing station and affirmed the implementation of recycling classification.

Dr. Lin Ming-Nan's Eco-friendly Life Practices and Green Lifestyle

By Yen Kuang-Sheng



Vice Superintendent Lin and his wife Chu Chiu-Hua are both environmental protection practitioners.

When discussions at Dalin Tzu Chi Hospital touch upon green hospital concepts, sustainability, or environmental issues, Vice Superintendent Lin Ming-Nan's name is sure to come up. He has made a long-term commitment to advocating green hospital concepts and bringing the hospital in line with the standards of international environmental organizations. He has participated in

numerous policy deliberations on public issues. In this article, I will share his personal tidbits and practical experiences in the clothing, food, accommodation, and transportation dimensions associated with eco-friendly life practices and green lifestyle.

First Dimension of Eco-friendly Life Practices

Vegetarianism

Dr. Lin Ming-Nan espouses vegetarianism as the first step of environmental protection, energy conservation, and carbon reduction.

Both his mom and older sister are devout Buddhists and long-term vegetarians. While serving at other hospitals, his diet was composed of both vegetarian and non-vegetarian foods and he had no predilection for vegetarian diets. After assuming his post at Dalin Tzu Chi Hospital in 2005, he often listened to the elucidations of the Dharma Master



Vice Superintendent Lin and his wife Chu Chiu-Hua are both environmental protection practitioners.

who frequently urges people to adopt vegetarian diets. In 2009, the year of foundation of Taiwan Vegetarian Nutrition Society (TWVNS), he joined the ranks of vegetarians. By practicing what he preaches, he gained more credibility. After holding the position of TWVNS Chairperson for two consecutive terms, Dr. Lin Chin-Lon, CEO of Buddhist Tzu Chi Medical Foundation, handed over the baton to Dr. Lin Ming-Nan.

Second Dimension of Eco-friendly Life Practices

Use of Eco-friendly Technology Products

Superintendent Lin shares that “I always bring an eco-cup when I’m away from home. That’s part of my routine!” This is one of the daily habits that Dr.

Lin Ming-Nan has maintained for a long time. What’s special about his cup is that it was produced by DA AI Technology Co., Ltd. All products manufactured by this company are made from recycled materials, which is why Dr. Lin favors their products in his daily life. He points to his upper garments, pants, necktie, shoes, and bag which are all eco-friendly technology products.

There is a deeper cause why Dr. Lin favors the products of DA.AI Technology Co., Ltd. In the year following assumption of his duties at Dalin Tzu Chi Hospital in 2005, Dr. Lin met a local Tzu Chi volunteer, a successful entrepreneur named Kuo Tsai-Yuan, during disaster relief operations in Indonesia. Mr. Kuo told him that “I was always bothered about what to wear for banquets so I would look stylish and fashionable in the past. After switching to

DA.AI Technology's eco-friendly collections of clothing and neckties that offer suitable outfits for every occasion, I had one less thing to worry about..." These few words completely transformed his concept of clothing and he started wearing eco-friendly apparel exclusively. His new simple clothing style ensured that, from then on, he could venture outdoors in a carefree manner.

Third Dimension of Eco-friendly Life Practices

Switching to Hybrid Vehicles

Dr. Lin shares that he bought a hybrid car in early 2012 to save money on gasoline. A generic gasoline-powered car can travel 12 to 16 kilometers on one liter of gasoline, while



Dr. Lin Ming-Nan, Vice Superintendent of Dalin Tzu Chi Hospital, is used to wearing eco-friendly apparel manufactured by DA.AI Technology Co., Ltd. As one of the featured speakers at the World Climate Summit, he sported an eco-friendly outfit, which turned him into a perfect endorser of environmental protection.

hybrid cars can run 25-28 kilometers. He was willing to wait for months for his new hybrid vehicle. He recalls that “a 1,500CC hybrid car cost over 800,000 NT dollars back then, which was over 200,000 NT dollars more expensive than a generic car, but after careful calculation, I realized that the savings generated by the additional 200,000 kilometers the car would travel on the

same quantity of gasoline were roughly equivalent to the extra money I would spend on the car.”

Dr. Lin still has a fresh memory of a course titled “Environmental and Occupational Medicine “ taught by Professor Chang-Chuan Chan, Dean of the College of Public Health, NTU, who had gained prominence for his vocal concern for air pollution, in his second

year at NTU Medical College. Professor Chan pointed out in this course that “once you are doctors, you will be able to afford any car ranging from 3,000CC to 1,600CC to get to your desired destinations.” He quickly added that we should keep in mind that “the exhaust gas volume emitted by a large vehicle has an enormous impact on air pollution.” He still recalls Professor Chan mentioning



Ms. Chu Chiu-Hua commutes by bicycle whenever possible to make a valid contribution to energy conservation and carbon reduction.



that he always rides his bicycle to work to cut down on pollution. The fact that he tried to set an example to inspire his medical students left a deep impression on him.

Dr. Lin was deeply influenced by Professor Chan Chang-Chuan. None of the engines of the four cars he has bought so far exceeded 2,000 CC. His first car was stolen after seven years. His second car lasted 12 years and 240,000 km. With a view to making a contribution to energy conservation and carbon reduction, he switched to hybrids for his third and fourth cars.

Are hybrid vehicles really more eco-friendly? Dr. Lin has done his homework on hybrids. Detailed calculations of fuel and energy consumption and selection of the right clean energy sources represent a valid contribution to global sustainability. He points out that hybrid cars emerge clearly victorious in a comparison of the fuel consumption of hybrids and traditional gasoline-powered vehicles over the same time and distance.

The principle behind gasoline-powered vehicles is "chemical propulsion". Gasoline is chemical energy transformed into propulsion through an internal combustion engine with a conversion efficiency of around 20%. Dr. Lin cites the example of power plants which

convert chemical energy into electrical energy through combustion of oil or natural gas with an efficiency of 40-50% for comparison purposes. Through the storage of electricity in hybrid vehicles, the conversion rate can be increased to 80-90%.

Meticulous Implementation of Eco-friendly Life Practices at Home

Dr. Lin points out that "The fellow female disciple in my home sorts our garbage even more rigorously than I do." This so-called disciple is his wife Chiu-Hua who sorts their garbage in a thorough and meticulous manner. He mentions with a slightly embarrassed tone in his voice that when he sometimes throws things away carelessly, his wife immediately stops him and reminds him that "You have to sort this properly. You are such a strong advocate of environmental protection! How can you neglect sorting your waste..." Ms. Chiu-Hua has even set up recycling bins in her home. Her level of dedication is truly admirable!

Dr. Lin gives his wife a big thumbs up for her unrelenting commitment to environmental protection. She commutes to her workplace in Douliu City in Yunlin County by public transportation. She has

even placed bicycles at Dalin and Douliu stations for the final leg of her commute to practice energy conservation and carbon protection in her daily life.

While Dr. Lin Ming-Nan is an expert in

public environmental policy advocacy, his wife Chiu-Hua is a master of environmental protection at home. Both of them practice environmental protection both at home and at their workplaces.



Vice Superintendent Lin and his wife Chu Chiu-Hua share their vegetarian experiences with Tzu Chi volunteers in North America.

A Family of Vegetarians Makes a Contribution to Protecting Our Earth

By Sie Ning-Huei,

Manager of International Medical Services Center, Dalin Tzu Chi Hospital



Ms. Sie Ning-Huei attends the GHG Inventory Workshop at Tzu-Chi Jing Si Hall in Xindian in April 2023.

My journey with vegetarianism began with my employment at Dalin Tzu Chi Hospital.

After my graduation from the International Health Division of the Institute of Public Health at National Yang Ming Chiao Tung University (NYCU) in 2009, I

was offered a position at the Department of Community Medicine at Dalin Tzu Chi University. Although the Tzu Chi University Student Cafeteria (Sphere of Lazuli Dining Hall) was my top choice for money- and hassle-saving meals during my academic studies in Hualien, I still

wasn't a full vegetarian back then. On weekends and holidays, I would often dine off-campus with my classmates. Around six months after I started my employment at Dalin Tzu Chi Hospital, a major earthquake of 7.0 magnitude struck the far-away island of Haiti at the other end of the Pacific. Milo, an international student from Haiti who I befriended in graduate school, had returned to Haiti to accept a position at the Haiti Centers for Disease Control after his graduation from NYCU. I was really concerned about the safety of this good friend and his family. Since I couldn't reach him by email, the idea to become a vegetarian and thereby gain good karma and add power to my prayers for my friend's safety emerged in my mind. Several weeks later, I finally

received Milo's message that he was safe and well, which took a heavy load off my mind. After my initial relief and excitement, I suddenly realized that I had forgotten to include a time limit in my vow to become a vegetarian for the sake of my friend's safety. Since I had no aversion to vegetarianism, it came naturally to me to continue my vegetarian diet until now.

My husband Chen Po-Chun also wholeheartedly embraced the concept of vegetarianism and became a full vegetarian after joining the Dalin Tzu Chi Hospital staff as Dr. Lin Chin-Lon, the Superintendent of the hospital at that time, launched the Health-Promoting Hospital initiative. In the context of this Health-Promoting Hospital campaign, he got a chance to visit numerous hospitals and personally



Sie Ning-Huei (bottom right) and Vice Superintendent Lin Ming-Nan (top left) attend Southeast Asia Climate and Health Responders Course Video conference

witnessed their active promotion of vegetarian diets and meticulous design of meal choices. For instance, Taiwan Adventist Hospital in Taipei stresses low-sugar and low-oil cooking methods. Many new mothers highly favor the hospital's sophisticated and delicious postpartum vegetarian meals. The vegetarian menu of Khoo Teck Puat Hospital in Singapore incorporates Southeast Asian culinary culture. It features an impressive array of Indian and Malaysian vegetarian dishes.

These visits inspired my husband to share Dalin Tzu Chi Hospital's experiences in the promotion of low-carbon vegetarian diets with a larger audience.

We were extremely grateful that our parents and grandparents agreed to our choice of an eco-friendly, vegetarian menu for our wedding banquet with family and friends. After extensive research, we selected healthy, tasty, and sophisticated dishes that subverted meat-eaters' entrenched stereotypes of vegetarian



Mr. Chen Po-Chun and Ms. Sie Ning-Huei attend the Buddha Day Ceremony in May with their children. The whole family is vegetarian and implements environmental actions in daily life.

meals. After we got married, I gave birth to two sons who were born as vegetarians. I not only breastfed them but also personally prepared their supplementary food.

Healthy Vegetarian Babies

My older son only weighed 2,010 grams when he was born in the 36th week of conception. He had to stay in an incubator for 12 days before his discharge from the hospital. His growth curve always lagged behind that of his peers, but now he is well-built. It is obvious to everyone that both my kids are strong and healthy. Even my meat-eating relatives come to ask me for advice and often wonder how we raised them so well with vegetarian diets.

We recommend a diet that includes every kind of food free of non-vegetarian ingredients and ensures a balanced intake of all nutrients. Strong emphasis should be placed on plant-based protein intake, a good exercise routine, and sufficient sleep to ensure that children are strong and physically fit.

My kids who were born vegetarian have never had meat before. A Taiwanese saying goes: “They had never eaten pork before but had seen pigs walk.” Our children have neither eaten nor seen pork. One day, we dined together with friends. Our cute older son who was only two

back then said he wanted to eat carrots when he saw a plate filled with bright red pork slices next to a hot pot on the neighboring table. Our little son who we nicknamed “Fruit Prince” due to his love of fruit once saw a plate of freshly cut meat on a table. When we noticed that he was about to reach for a piece of “watermelon” on the table, we yelled: “That’s meat!”

They have known since they were little that they are vegetarians, not meat-eaters. When they were a bit older and someone offered them something to eat, the first thing they asked was not “Mom, is it OK?” but “is that vegetarian?”. Now that they’re able to read, we have started teaching them how to interpret nutrition labels and ingredients. They have learned how to identify non-vegetarian ingredients. When they attended Daai Kindergarten, the school educated them on the benefits of vegetarian diets and how to analyze dietary habits from the perspective of animal and environmental protection. They have even started to persuade close relatives to become vegetarians for the sake of their health.

Racking Our Brains to Attract Our Kids with Creative, Nutritious, and Tasty Recipes

We have put a lot of time and effort into studying recipes in purchased cookbooks to gain the ability to cook

tasty and delicious vegetarian dishes for our kids since we have realized that once kids have tasted restaurant food they no longer find bland home-cooked food appetizing. When our kids were still little, we tried different cooking techniques and color combinations to avoid tension and arguments at the dining table and get them to love the food we put on the table.

We would jointly discuss our menus and buy what we needed for our recipes together. We even allowed our kids to choose their favorite ingredients. We reached a bump in the road during a period when they developed a dislike for vegetables. We thought to ourselves: “What is left to eat if we stop eating vegetables? As vegetarians our food choices will be even more limited.”

We therefore had to come up with ingenious ideas to further refine our cooking techniques. During that time, flavors and dishes from different countries that can be found on restaurant menus such as vegetarian fried rice/noodles with various ingredients, vegetarian Okonomiyaki, farmers pizza, risotto gratin with seasonal vegetables, and spaghetti started to appear on our dining table. We added Japanese, Italian, American, and French flavors to our traditional Taiwanese and Chinese cuisine. We relied on our creativity to conjure up even the most challenging



The older brother Chen I-Rui cooks vegetables, while his younger brother Chen I-Che makes Edamame pancakes. The children work as a team to prepare tasty dishes in the home kitchen under close supervision of their parents.



dishes with the goal of arousing the taste buds of our kids and making sure that they ingest all the nutrients they need without even realizing it.

Transformation of Kids into Chefs Adds to the Vegetarian Flavors and Dining Experiences

At home, we allow our kids to use knives, forks, and the gas stove under our close supervision. We try to give them appropriate leeway, offer them a chance to grow, and make them appreciate the hard work we put into the preparation of the dishes.

We also discovered that children seem to find dishes prepared with them

serving as “sous chefs” more appetizing and delicious. When tasting these delicacies grown-ups must remember to dish out positive feedback and praise and thereby fill the little cooks with a sense of achievement. That way, they will be even more eager to roll up their sleeves and cook for the whole family next time. We also shouldn’t forget that dishes personally plated by children coupled with an occasional “sense of ceremony” or fancy dining table decorations add a lot to the dining experience and the flavor of the food!

Let’s have some very different vegetarian food for dinner this evening!

The Love and Legacy of Tzu Chi Orthopedics

By Yang Chin-Yen, Hong Jing-Ru, Lin Tzu-Yi, Tseng Ching-Fang

Amid the rapid development of orthopedics, a group of orthopedic surgeons willingly embark on long journeys to serve in remote areas. With their skills and courage, they joined hands over the past thirty years in cultivating talents in Taiwan's orthopedic field and pioneering new technological paradigms.

In the afternoon of August 30, 2023, Tzu Chi Medical Foundation (Taiwan) held a book launch titled "Medical Path: Heroic Spirit and Gentle Compassion" at Tzu Chi Hospital in Hualien. Despite the presence of a typhoon, the venue was packed with attendees eager to hear doctors share their stories of creating miracles for patients;



starting from scratch, upholding the mission of healers, and embracing the medical path.

Tzu Chi Medical Foundation (Taiwan) CEO Lin Chin-Ion, Tzu Chi Foundation Deputy CEO Lin Pi-Yu, Hualien Tzu Chi Hospital Honorary Supt. Chen Ing-Ho, Supt. Lin Shinn-Zong, Director Yu Tzai-Chiu, Director Hsu Shih-Hsiang, Director Wu Wen-Tien, Douliu Tzu Chi Hospital Supt. Chien Jui-Teng, and others, attended the event to share their insights. Patients Lin Chuanqin and Chen Tuanzhi, who live far from Hualien, expressed their gratitude and blessings through video messages.

Journey through the Tunnel of Time: Tracing the Arduous Beginnings of Tzu Chi Hospital

In planning the Tzu Chi veteran Physicians Biography Series, the driving force behind preserving the precious history of Tzu Chi healthcare is CEO Lin Chin-Lon. In his emotional remarks, he mentioned that seeing Deputy CEO Lin Pi-Yu, several orthopedic surgeons, and volunteer Yen Hui-Mei, felt like a trip back nearly forty years ago when Dharma Master Cheng Yen founded the Buddhist Tzu Chi General Hospital, beginning its journey. That group worked



From left: Volunteer Ms. Yen Hui-Mei, Wu Wen-Tien, Yu Tzai-Chiu, Tzu Chi Foundation Vice CEO Ms. Lin Pi-Yu, Chen Ing-Ho, Chien Jui-Teng, Tzu Chi Medical Foundation CEO Lin Chin-Lon, & Hsu Shih-Hsiang.

tirelessly in establishing the hospital, and, with the guidance of Deputy CEO Lin, succeeded.

“Under the leadership of Supt. Chen Ing-Ho, Tzu Chi Orthopedics has made outstanding progress, not only maturing and producing results, but also branching out, thriving and expanding. Orthopedic medical talents are now contributing greatly at eight Tzu Chi hospitals and one clinic dedicated to Tzu Chi’s medical mission. What’s truly remarkable is that the Supt. not only selflessly imparts medical skills but also demonstrates trust to others - empowering individuals to develop independently. Under his love and guidance, each elite professional has

forged his/her own path.”

When Dharma Master Cheng Yen first proposed to build a hospital in the eastern region, Deputy CEO Lin Pi-Yu immediately raised her hand to offer support. She witnessed the process of building the Buddhist Tzu Chi General Hospital from scratch. She said that at that time, there was no money, no staff, and no land. It was Master Cheng Yen’s unwavering faith, courage, and perseverance that inspired Tzu Chi volunteers to follow-up. With widespread loving support from the public, Tzu Chi Hospital was finally established and inaugurated. Today, what touches Lin the most is seeing “Mama Tu” or Mrs. Tu



The 98 year-old Tu Chang Yao-Zhen (second from left), the wife of the founding Supt. of Hualien Tzu Chi Hospital Dr. Tu Shih-Mien came to do voluntary work with her daughter (3rd from left)’s company while available. The now Supt. Lin Shinn-Zong (left) and Ms. Yen Hui-Mei (right) shows gratitude.

Chang Yao-Zen, the wife of the founding superintendent of Hualien Tzu Chi Hospital, Tu Shih-Mien. At the age of 98, she came to the scene in robust health to show her support.

Deputy CEO Ms. Lin recalled the challenging early days of the hospital's founding, when she and Supt. Du were running back and forth almost every day in the central corridor of National Taiwan University Hospital, trying to recruit doctors to come to Hualien. At a time when she felt most helpless, Dr. Chen Ing-Ho stopped her one day and said, "Are you looking for a doctor? I am willing to go to Hualien! A doctor should go where the patients need him." (Earlier, Dr. Chen Ing-Ho had already been persuaded by his mentor, Dr. Tanggui Liu, and he agreed with his teacher's suggestion). "My eyes widened in great surprise, and I still feel that way today. That's how Dr. Chen Ing-Ho became the first doctor in Tzu Chi's medical mission." Amid thunderous applause, Lin praised, "in the beginning, there was a shortage of doctors, and Dr. Chen Ing-Ho not only specialized in orthopedics but also excelled in plastic surgery, such as reattaching fingers and reconnecting severed palms. He is not only a doctor; he works in general affairs, cleaning, nursing - everything. He doesn't mind any tasks and devotes himself wholeheartedly to each one."

Lin, familiar with the history of Tzu Chi, continued, "The second doctor to join the orthopedics department is Dr. Yu Tzai-Chiu (Chinese name meaning No. 9). He's our 'Brother No. 9'. He has a "Brother 9 club" with over 10,000 fans (patients), and both Taiwanese and overseas doctors come to learn from him. Also joining was Dr. Hsu Shih-Hsiang, who started the orthopedic department with him, and has performed many difficult surgeries." In addition to doctors, there are volunteers who accompany the patients, truly implementing holistic healthcare at Tzu Chi, emphasizing the team approach at all times, and throughout the entire process.

Supt. Neurosurgeon Dr. Lin picked up the new book and recommended it with a smile, saying, "This book details the development of Tzu Chi's orthopedic team over the past 30 years, from the 'stone age' to modernization." He praised the orthopedic surgeons for their continuous innovation in developing various devices and artificial joints that are still leading the way in orthopedics today. In the early days of Tzu Chi Hospital, Supt. Chen Ing-Ho tried to develop and improve equipment and instruments to save many patients. "Brother 9" Yu Tzai-Chiu developed artificial joints suitable for Asians as early as 20 to 30 years ago, and has



won many awards. Chien Jui-Teng is known for his quick and skillful surgeries, excellent communication skills, and even for spontaneously composing traditional Taiwanese opera songs to connect with patients. Dr. Wu Wen-Tien uses the latest 3D printing technology to reconstruct severely damaged pelvic bones. Supt. Lin emphasized, “They not only have the medical skills, but also the humanistic culture!”

Gratitude from Dr. Chen Ing-Ho, Department of Orthopedics

When talking about Tzu Chi Orthopedics, it is impossible not to mention the groundbreaking surgeries performed by Dr. Chen Ing-Ho. He pioneered Taiwan’s first “Femoral Shortening and Total Hip Arthroplasty” and the country’s first “Pedicicle Subtraction Osteotomy”. His corrective surgery for ankylosing spondylitis kyphosis is unique in the world. Patients from Taiwan and overseas, who sought medical help for years without success, come to his clinic in search of hope. In 2009, at the invitation of the developers of the American textbook “Pediatric Spinal Surgery,” Dr. Chen Ing-Ho contributed a special chapter outlining the technique of pedicle subtraction osteotomy, sharing it with orthopedic surgeons worldwide.



Mr. Chen Ing-Ho, Honorary Supt. of Hualien Tzu Chi Hospital, said that Tzu Chi Orthopedics has grown and prospered. He is thankful for the founding of Tzu Chi Hospital by Master Cheng Yen, for the trust of each patient, and for the selflessness of the Tzu Chi Orthopedic staff.

Forever humble Dr. Chen Ing-Ho said he was most excited today to see the founding Supt.’s wife, Mama Tu, come to the scene and convey a warm and lasting sentiment. Reflecting on today’s achievement, he has three expressions of gratitude: “Firstly, gratitude to Dharma Master Cheng Yen for founding Tzu Chi Hospital, identifying excellent leaders, and serving patients together with Tzu Chi volunteer brothers and sisters. When the hospital administrator told us that Tzu Chi hospital is not about revenue, but, rather, to take care of patients in need, it resonated with our original inspiration as doctors. As a result, the orthopedic team not only came, but stayed happily ever since.”

“Secondly, gratitude to the patients. We must treat every patient as our family and respond carefully to every patient. This is called ‘treating the patients like family.’ To become a good doctor, one must learn and grow from every medical experience. Therefore, it is even more important to ‘take patients as teachers’ and treat patients with great respect and gratitude.”

“Thirdly, it is about mutual gratitude - from physician to physician, from teacher to student, and from peer to peer. Medicine is a public asset, and health care is a social responsibility. Therefore, we cannot simply utilize our knowledge, they must be passed on. In other words, health care itself is a continuity of doctors’ teachings, and it is a missionary task. Through leading by example and teaching, Supt. Chen, who has led the orthopedic team and emphasized the continuity of education, eloquently expresses the medical principles he has adhered to and practiced for over thirty years.”

Three Rounds a Day: Over Twenty-Six Thousand Trusts

Director Yu Tzai-Chiu, who usually focuses on medical consultations and surgeries and often refuses personal interviews, attended today’s book launch with a beaming smile. He mentioned

that he often advises his students, saying, “As a doctor, you should not only perform operations well, but also visit your patients three times a day during their hospitalization. Remember, those lying in the hospital beds are also your teachers.”

Director Yu, who rarely attends public events, said, “Today, I am here mainly to express my gratitude.” First, he thanked his mentor, “Brother Chen,” referring to the trust that Dr. Chen Ing-Ho placed upon him, and “He believes in my character, that I won’t perform surgeries recklessly. He believes in my seriousness, and he probably also believes in my compassion.” Amid laughter in the room, his smile suddenly faded, “But that trust also comes with



Director Yu Tzai-Chiu who rarely attends public events said, “Today I am here mainly to express my gratitude.”



a lot of pressure. When patients trust you to hand over a leg or a bone, you have to recognize the obligation. That is why I often tell my students that the first and most important quality of a doctor is responsibility. You have to take responsibility for your patients. Here, I would like to thank the more than 26,000 patients who gave us their trust; they are all my teachers.”

Dr. Yu Tzai-Chiu also mentioned an outstanding student sitting next to him, Chien Jui-Teng : “Chien Jui-Teng once thanked me for not giving up on him.” He took out a black and white photo from the book, “This was taken in Okinawa, Japan, during a seminar. It was midnight, but I didn’t let him and his associate Wu Wen-Tien go home. I asked them to make corrections to their work because I had a responsibility to them. They trusted me as their teacher, and that’s why I did this to them.”

Dr. Yu has high expectations for his students. He said with a smile, “In addition to being responsible for patients, you have to be better than me!” He joked that he was better than his own teacher. “If I ever need a surgery, I will definitely choose only my own students.” He has a 0.1 theory, which says that students only need to be 0.1 better than him; they shouldn’t just learn 0.9 of his skills. If this continues to the next generation, it would be 0.9 multiplied by 0.9, which is not

acceptable. Every generation must be 0.1 better! Finally, Director Yu expressed his gratitude and said, “The happiest and most grateful thing in my life is that I have many good sisters, brothers, friends, and students! Thank you all!”

Even though Hualien Tzu Chi Hospital is far away, it has such a strong orthopedic team that the orthopedic outpatient clinic is always bustling with patients. There are even patients who come from the northern regions, from other counties, and from overseas for medical treatment. Over the past thirty years, the medical team’s accomplishments have had a significant impact on the development of orthopedics and spinal surgeries in Taiwan. Dr. Chen Ing-Ho, a former Director of the Orthopedic Medical Association, made bold changes in the allocation and oral examination system for resident physicians. He also called on directors and physicians of orthopedic departments at institutions such as National Taiwan University Hospital, Taipei Veterans General Hospital, Chang Gung Memorial Hospital, and Tzu Chi Hospital to hold regular “Spinal Morning Meetings” to promote the exchange and advancement of orthopedic medical techniques. Dr. Yu Tzai-Chiu, who served as the chairman of the Spinal Surgery Medical Association and the Joint Reconstruction Medical Association,

continuously promoted the development, exchange, and progress status of information on spinal surgeries.

Regretfully - I Should Have Signed a 50-Year Contract

Dr. Hsu Shih-Hsiang is another pioneer in the orthopedic department of Hualien Tzu Chi Hospital, introducing the first wound VAC (vacuum-assisted closure of a wound) system in Taiwan. He has brought innovative concepts and techniques for wound management to the field of orthopedics, as documented in his book “Clinical Wounds Medicine”, which he has shared with the medical

community. Dr. Hsu mentioned that during his time at National Taiwan University Hospital, Dr. Chen Ing-Ho and his senior colleagues were idols for the young residents. As a result, he followed Dr. Chen Ing-Ho to Tzu Chi, and expressed his gratitude for Dr. Chen Ing-Ho’s guidance and support. “At that time, I was 33 years old, and I have been at Tzu Chi for exactly 33 years this year. Beginning with my student days, and over the past 38 years, I have grown and prospered under the guidance of Supt. Chen. Even when faced with difficult challenges, we still work together.”

Hsu Shih-Hsiang still remembers that, in the past, it was difficult to find



Director Hsu Shih-Hsiang (standing) thanks Superintendent Chen Ing-Ho for his continuous support. He joined Tzu Chi Hospital at the age of 33, and this year (2023) marks his 33rd anniversary.



doctors in remote areas. “Chen Ing-Ho, Kuo Hann-Chung, and other great doctors vowed in front of Master Cheng Yen to stay in Hualien and signed contracts with Tzu Chi for 30 years. We followed suit, but now I regret it. We should have signed contract for 50 years.” When he finished speaking, the audience burst into thunderous applause! Hsu Shih-Hsiang expressed gratitude to Brother Jiu and praised the younger generation. At that time, to persuade Chien Jui-Teng to come to Hualien, they had a conversation in a cafe in Taipei that lasted for more than three hours. After Chien Jui-Teng arrived in Hualien, they were afraid that he might run away, so whenever there was a chance, they invited him to dinner to strengthen the relationship. Hsu Shih-Hsiang is grateful to Chien Jui-Teng, Wu Wen-Tien, and other resident doctors who worked hard with them. They worked tirelessly from early morning until late at night, often working night shifts. When they returned home, it was often in the middle of the night. They frequently ate boxed meals all day and brought home unfinished dinners. “Residents willing to do this should be applauded. After five years of training, they have absorbed the essence and skills of various institutions. They continue to pass experience on to the next generation. I am truly grateful and respectful to these younger colleagues!”

Unreservedly Sharing Knowledge and Passing It Onwards

Director Wu Wen-Tien of the Orthopedic Department of Hualien Tzu Chi Hospital expresses his gratitude. Over the past 30 years, he has been privileged to work in a good environment with a group of excellent teachers and colleagues. “Throughout this journey, our strongest belief has been to ‘save the patients and do things well’. This is the source of our motivation for continuous improvement. Just now, Brother 9 (Yu Tzai-Chiu) mentioned that we must be better than him. How can we be better than our teachers? I think the simplest way is to arrive at the hospital earlier than the teachers (applause resounds from the audience below) and spend more time thinking about how to serve the patients better.”

The overall planner of this book, who is also Supt. of Douliu Tzu Chi Hospital and Vice Supt. of Dalin Tzu Chi Hospital, Chien Jui-Teng, expressed his deep gratitude to the teachers on stage. He praised them for “selflessly sharing their skills and genuinely building relationships; these are the most important nutrients for the growth of Tzu Chi Orthopedics!” In recent years, Master Cheng Yen has repeatedly emphasized “evaluating the value of life.” Chien Jui-Teng believes

that as a medical professional, the focus should not be on seeking fame and fortune but on demonstrating an unwavering commitment and integrity, reflecting on personal practices and teachings of mentors. Especially in this era of confused medical values, he hopes that “medical ethics” emphasized in this book can extend to and influence the entire medical community. He expresses his gratitude for the mentors, whose selfless nurturing of their students has enabled the robust development of talents in the field of orthopedics - from the east to the west, from the back mountains to the front mountains.

Chien Jui-Teng showed a 1997 photo. In the front row were his classmates Lu Chih-Sheng and Wu



Dr. Wu Wen-Tien(standing) expresses his gratitude for having had the privilege to work in a good environment with a group of excellent teachers and colleagues over the past 30 years.

Wen-Tien. Standing behind them were teachers and senior students such as Chen Ing-Ho, Yu Tzai-Chiu, Hsu Shih-Hsiang, Huang Meng-Jen, Poon Win-Him, and others. It was a group photo taken to celebrate Chien Jui-Teng and his classmates completing five years of residency training, at a thank-you dinner for their mentors and senior students. He then presented photos from 2011, showing the orthopedic team and the patient Ah Yin. The photo was he same group of people, and he jokingly said, “The original team, never separated!” To this day, they remain at Tzu Chi, practicing medicine and caring for patients. The mentors continue to train excellent doctors. Dr. Poon Win-Him is rooted in Guanshan; Chien Jui-Teng has returned to his hometown of Dalin; Wu Wen-Tien is in charge of Hualien, and Mengren Huang is in charge of Taipei. The steadfast older generation and the robust middle-aged generation continue to produce many young and outstanding orthopedic doctors. They generously share their knowledge and constantly cultivate the progress and distribution of this knowledge.”

Chien Jui-Teng said, “I will faithfully adhere to the lessons of my teachers and mentors, saving lives and aiding the injured, practicing humility, respect, love, and care.” He will continue to work hard in Yun-Jia area to build a small Tzu



Dr. Chien Jui-Teng(left) thanks his mentor Dr. Chen Ing-Ho (left 2) and all seniors to build up the reputational Tzu Chi Orthopedics Dept. The right one is Prof. Fang Jyu-Hsiung at Tzu Chi University.



Chi Orthopedic team, passing on the principles of medical practice.

The Physicians Giving Red Envelopes to Their Patients

Embodying the principle of “patient-centered care”, Tzu Chi orthopedic physicians go above and beyond regular duties to address the unique body shapes and conditions of their patients. Chen Ing-Ho, for example, has diligently researched and developed new surgical techniques tailored to the specific needs of his patients. He even

personally scoured various stores in Hualien to select appropriate shoes for post-operative patients. Chen went the extra mile by personally trying on protective gear himself to demonstrate how patients could navigate stairs after surgeries. In a heartwarming gesture, he attended a patient's wedding, personally delivering a red envelope and offering Tzu Chi's blessing.

Dr. Chien Jui-Teng, alternatively, makes it a family tradition to visit a care center every Chinese New Year, where he offers good wishes and red envelopes to his elderly patient, Uncle Aji. Dr. Chien has also accompanied a patient from Penghu back home, inspecting his living environment and enlisting local Tzu Chi volunteers to help improve and sustain the patient's rehabilitation.

Mr. Lin Chuanqin, a patient who now lives far from Hualien, took the time to record a video to express his gratitude. 36 years ago, in the second year after Tzu Chi Hospital was founded, he suffered a severe leg fracture in a work accident and was rushed to the emergency room. It was Dr. Chen Ing-Ho who, with unwavering dedication, saved him from the brink of death. Mr. Lin expressed his gratitude to Master Cheng Yen for establishing the Tzu Chi Hospital in Hualien, saying, "Without this hospital, I would have been sentenced to death back then. I thank Director Ing-Ho Chen for using his lifetime of experience to save my humble life. I also appreciate Tzu Chi's volunteers for giving me long-term spiritual comfort. Now, I am married, have a stable home, and



Lin Chuanqin expresses his gratitude via video at the book launch. On the left, a 1988 photo shows Dr. Chen Ing-Ho protecting Lin Chuanqin's fragile skin after amputation by inflating more than a hundred balloons to use as pillows. On the right is Lin Chuanqin in 2015, now a street performer, presents Dr. Chen with a dog balloon as a token of appreciation.



Xiamen resident Chen Tuanzhi thanks "Superintendent Dad" Dr. Chen Ing-Ho for treating her and allowing her to turn her life around. Below is a family photo of Chen Tuanzhi.

all of this is something I could not have imagined or possessed before."

Ms. Chen Tuanzhi, who lives in Xiamen, once suffered from "extreme congenital knee flexion," a condition in which her legs formed into an L-shape from the knee to the calf. Her case, with the added complexity of secondary ankle joint talipes equinovarus, is an extremely rare condition, with only two documented cases worldwide. Seeking treatment in Hualien in 2014, under the care of Superintendent Chen Ing-Ho, she underwent several challenging surgeries that improved her condition. This allowed her to realize her dream of walking. After her recovery, she returned home, found



employment, got married, and now has a five-year-old child who is bright, vibrant and healthy. As she prepares for a follow-up appointment at Tzu Chi Hospital in Hualien at the end of September 2023, she and her husband expressed their gratitude across the sea in a video: "Our family is very happy. Thanks to Master Cheng Yen, Superintendent Dad (Dr. Chen Ing-Ho) and the whole Tzu Chi family and everyone who helped us. This happiness is a gift from all of you."



At the book launch, hospital colleagues and Tzu Chi volunteers gather for a group photo and listen to the detailed accounts of the book's protagonists, highlighting the progress and inheritance of medical skills and ethics within the orthopedic team.

When Chuang-Tzu Hops in a Maverick Fighter Jet

Weekly Diary of the Fight Against the Pandemic in Ward 12B

By Wang Yi-Chun Attending Physician of the Division of Nephrology, Taipei Tzu Chi Hospital

Will there be a resurgence of the pandemic? Will I have to stay in the isolation ward after I test positive? Will I be assigned to serve as a frontline medical worker? If you answer “Yes” to all these questions, you will find this article useful. I’m just a petty doctor at Taipei Tzu Chi Hospital. It only took a single phone call to turn me from a bystander into a member of the epidemic prevention medical team, which was responsible for the treatment of COVID-19 positive patients in isolation ward 12B. We hopped in Maverick Fighter Jets and were transformed into a squad of fearless epidemic prevention warriors soaring into the sky in the face of great pressure, danger, and adversity.

In times of trial and bewilderment, the term “purifying the heart”, which was coined by the famous Chinese philosopher Chuang-Tzu pops up in my mind. Chuang-Tzu describes this concept as follows: “Make your will one! Don’t listen with your ears, listen with

your mind. No, don’t listen with your mind, but listen with your spirit. Listening stops with the ears, the mind stops with recognition, but spirit is empty- and waits on all things. The Way gathers in emptiness alone. Emptiness is the fasting of the mind.” I have learned how to calm my mind and how to detect and face issues and challenges in a composed manner. In this article, I will share my mental journey in the battle against the pandemic with my colleagues in Ward 12B and the readers of this magazine.

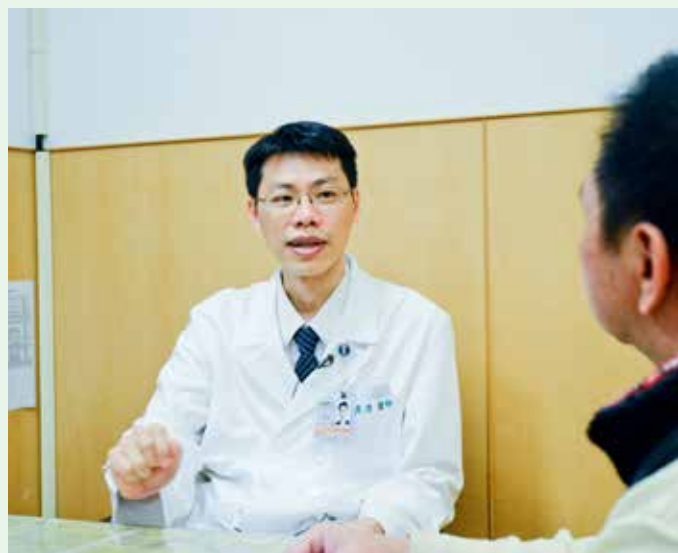
WEEK 0. GIFT

I want to give my child a present that money can’t buy and that I don’t have either. He wouldn’t understand it if I told him now, but maybe when he reads this article 20 or 30 years from now, he will get my gift. This gift is named “Courage”.

While I was on night shift in the dialysis center, I saw on the news that the daily number of positive cases had

surged from 30,000 to 50,000. I received a call from my mother who urged me to give her a rapid test since a lot of her classmates in her English singing class had tested positive. She quickly added that “Dad has started coughing, too!” When I inserted the swab deep into their nasal cavities with a twisting motion, they felt very uncomfortable and started sneezing with tears rolling down their cheeks. My dad’s test result was positive as indicated by the two lines that appeared on the test cassette. Although I am a medical worker, I was alarmed and immediately put on a N95 mask before taking my dad to the emergency department. Since the pandemic was at its peak, a 50-meter-long line of patients was waiting for their turn to undergo a PRC test although it was already 11 pm. Dim lighting illuminated two drops on a leaf at the tip of a tree, a mother was comforting her baby, a gray-haired old man was supporting his elderly wife, and an old lady with a nasogastric tube in her nose was sitting in a wheelchair. Sounds of heavy coughing through masks could be heard everywhere in the cold, misty air. The following day, I received a “CT value 15” text message and a phone call notifying me that the isolation ward was full to capacity. My father and I therefore slowly walked to the quarantine station of the hospital.

While I was watching my father’s back as he entered the station, a scene of my childhood flashed in my mind. One morning, when I was still very little, my younger brother and I cried and begged not to go to school. My dad ignored us and rode his motorcycle to work. He left us alone at home playing with our toys, but only 10 minutes later we were in for a surprise when we again heard the sound of our father’s motorcycle. We curiously asked him: “Aren’t you at work? Why are you back home?” We unwittingly hopped on his motorcycle and recalled our curious question only when we had already reached our kindergarten.



Dr. Wang Yi-Chun, Attending Physician of the Division of Nephrology, Taipei Tzu Chi Hospital provides a touching record of his fight against the pandemic by assisting the team of the isolation ward at the height of COVID-19. The image shows Dr. Wang during a patient consultation.

Our father answered us in high spirits, and we completely forgot why we had refused to go to school. I don't recall our dad ever hitting us or telling us to do our homework. Many years later, I realized that the gift our father wanted to give us was "freedom."

The pandemic was worsening as the daily number of confirmed cases hit 50,000. The number of isolation wards was increasing, and I had a premonition that I would be assigned to assist in one of these in the near future. Since my early childhood, I have never been a brave person. I still have a fresh memory of the evening before my college entrance exam when I confided to my mom that "I am a little nervous. Can I sleep next to you for an hour before I return to my bed?" When my wife was pregnant with our son, we had to make frequent emergency department visits due to her uterine contractions. My son was transferred to the ICU right after his birth. Luckily, his health turned for the better later. However, when we visited his kindergarten after he had reached preschool age, he cried, hugging me tightly, and wouldn't let go. That's when it suddenly dawned on me that I had been wrong all along. I had always protected him with all my might, but had thereby given him too much "worry energy". What he needed now was courage and the only thing we could do was set an example for him. Shortly after, I received

a phone call from Dr. Hong, the Director of the Internal Medicine Department, who told me that "there are more and more isolation wards! We need your help!" Although I was concerned about the danger the pandemic posed for my family, I said "OK" without hesitation.

Week 1. STAYING ALIVE

Before entering the isolation ward, I had to wash my hands, put on my first layer of gloves, waterproof, disposable boot covers, and protective coveralls, then I had to don my N95 mask, a second layer of gloves, a waterproof, disposable apron, a surgical mask, a disposable face shield, a hair cap, and shoe covers. Dressed in full protective gear, NP Pei Ying-Huan and I entered the isolation ward looking like astronauts. After examining a patient, we had to replace the outer layer consisting of a surgical mask, face shield, hair cap, and shoe covers. In the process of examining the 17 patients in the ward who I had never seen before during my first morning ward round, my underwear had been soaked with sweat countless times. I had difficulty breathing because I had worn my N95 mask for too long and my glasses kept fogging up. I don't recall at what time in the afternoon, I was finally able to remove my isolation gown and return to the nursing station. Since patient lists and pens can't be brought

into the isolation ward, I had to rely on my memory to recall all patient problems.

I had to remember which of these 17 patients had chronic diseases, how many vaccination shots they had received, when they had started to experience symptoms, when the cases had been reported, what the CT value of their PCR test was, what their oxygen saturation level was, what oxygen concentration was required for treatment, how many days the patient had been on antiviral drugs and antibiotics, whether or not improvements had been observed in their chest x-rays, what pain or discomfort they had reported during the visit, how

long they had been in isolation, and when they could be taken out of isolation. After my rounds, these questions formed cyclones swallowing up my fighter jet. I had to think of a strategy to prevent my plane from crashing.

The first night after reporting for duty in the isolation ward, I restlessly turned and tossed unable to find any sleep. I got up at 3 am to review again the COVID-19 Treatment Guidelines released by the Ministry of Health and Welfare and the up-to-date research literature to confirm that I hadn't missed anything in my treatment of the hospitalized patients. Patients with mild symptoms can be treated and medicated in an outpatient setting. If risk factors exist, orally administered Paxlovid must be prescribed as deemed necessary to substantially reduce the hospitalization and death rates. However, Paxlovid is not suitable for patients in high-risk groups, especially those with poor renal functions, due to potential drug interactions. In such cases, the prescription of the orally administered anti-viral drug Molnupiravir must be considered. Use of intravenously administered anti-viral drugs such as Remdesivir, steroids, and monoclonal antibodies is recommended to reduce death rates in hospitalized patients with moderate or severe symptoms who have been diagnosed with pneumonia. Although Remdesivir cannot be used in patients with severe renal impairment, it



Taipei Tzu Chi Hospital admitted the highest number of COVID patients until the end of 2022. All staff members worked in concert to combat the pandemic. The image shows the 1000th COVID-positive patient being discharged from the hospital.

can be administered to dialysis patients. In cases of suspected encephalitis, it must be applied immediately. The problem is that some COVID-positive patients with mild symptoms are hospitalized due to bacterial infections or heart failure. I wasn't able to find any research findings on such patients receiving orally administered anti-viral drugs or comparisons of the efficacy of Paxlovid and Remdesivir in the international research literature. At that time, the first light of dawn appeared, and it suddenly occurred to me that the lack of research reports must be attributed to the fact that mild cases are not hospitalized in the US. Paxlovid could of course be administered to mild cases in Taiwan. In that week, my patients and I only wished to "stay alive!" Fortunately, several mild patients showed significant improvement after administration of Paxlovid. Moderate and critical patients also slowly recovered after receiving Remdesivir. In case of worsening patient conditions or drug complications, we adopted the best methods possible to deal with such issues and thereby successfully navigated the treatment learning curve.

Victor Frankl, a famous psychiatrist who survived a Nazi concentration camp, discovered that the search for a life's meaning is the central human motivational force. The following

sentence in one of his books deeply inspired me: "In times of greatest depression and despair, people can't realize themselves through success. Their only way of success is to conquer the trials of extreme hardship and suffering. In this state of adversity, they can realize themselves through a person they love or images of meditative love in their minds."

I had no idea how much longer I would have to stay in this ward after the first tough week was finally over. Before falling asleep, I lay on my bed in a state of apathy. My 4-year-old daughter looked at my face with a curious expression and suddenly exclaimed: "Dad! I can see myself in your eyes!" I was dumbfounded for a moment, then I carefully looked at her: "You're right! Daddy can see himself in your eyes, too!! Thank you sweetheart, you helped me rediscover the motivation to go on living tonight."

Week 2. I SEE

"Beep!Beep!.....Beep!" "This is the nursing station. What can I do for you?" After pressing the talk button on the intercom, Head Nurse Li Zhu enlarged the surveillance camera feed of Room 17 with her mouse. "Cough! Cough! Cough! I'm an accompanying relative of a patient in Room 17. I had a high fever and serious cough this morning!" The head

nurse said “OK! I will schedule a video consultation for you so you can get a prescription. Please upload an image of your health insurance card to the Ward 12B group.”

The isolation ward had a unique control panel which resembles the control tower of an airport. When patients and their family members were quarantined, they were locked up in

a room. RNs donned isolation gowns when they dispensed medication, administered drips, changed wound dressings, or served meals. In addition, they had to feed some bedridden patients through nasogastric tubes, turn them, perform chest percussion, and dispose of their urine and feces. Each RN had her hands full caring for many patients. When parents or accompanying

第一名 台北慈濟醫院王奕淳醫師

第二名 台中慈濟醫院陳佛恩技術員

第三名 大林慈濟醫院于劍興副主任

Dr. Wang Yi-Chun's weekly diary of the fight against the pandemic garners the top award at the 3rd Splendid Medical Humanities Essay Contest in 2022. This award was presented by Master De Jian at the 6th Annual Meeting of Buddhist Tzu Chi Medical Foundation.



family members suddenly required assistance, they pressed the nurse call button. The control panel allowed nurses to view surveillance camera feeds, use the intercom to gain a clear understanding of actual conditions, and contact the RNs to rush to the rooms in case of emergencies. Patients and family members could join the messaging App group for Ward 12 B patients by scanning a QR code to leave messages or ask questions. The control panel responded to such messages. Social workers could also read the messages and assist in the purchase of daily necessities.

Every morning from 8 to 9 am, I had to participate in the hospital-wide epidemic prevention meeting. After the meeting, the Superintendent conducted separate discussions on patient conditions with the physicians in charge. In more recent meetings, my eyes were glued to my tablet that the hospital has provided me with. Every morning, I observed my patients' daily body temperature, heart rate, respiratory rate, blood pressure, blood oxygen levels, blood test reports, and chest X-rays on my tablet. After that, I read the messages left by my patients in the Ward 12B messaging App group and replied to each of them. While I was physically present at the meetings, I mentally slipped out to greet my patients, discuss

their daily report results, and resolve their concerns on my tablet. With my other smartphone I remotely controlled the nurse practitioners and initiated examination and hospital discharge procedures. If required, I could issue a call notification to explain the patient conditions with family members in the ward or at home. In the discussion after that day's meeting, the Superintendent urged me to take special care of a 100-year-old lady in bed 17. Fortunately, I had my tablet with me and could immediately deliver a detailed report of the patient's current condition.

When I saw how the old lady's condition gradually stabilized after her admission to Room 17 and administration of Remdesivir, I felt greatly relieved. Her second daughter, who had lived abroad for over 20 years, came back to Taiwan on her own to take care of her mother in the hospital. However, after testing positive, she started to exhibit serious symptoms including fever, coughing, a sore throat, lack of appetite, and diarrhea. We therefore admitted her to the same room as her mother and put her on a drip and Paxlovid. Two days later, I said to the daughter: "Congratulations ! Your condition and that of your mother has improved significantly and you can leave the hospital tomorrow!" The following day, I was caught off guard when she told me that

“last night, I was worried sick! My sister has cancer and is on chemotherapy. I am still weak. I am afraid I can’t “afford” to take of my mother and will infect my sister.” I quickly reassured her “Sorry, I see! We won’t send you home before your condition has further improved and you are no longer infectious.” When she heard that, she breathed a sigh of relief and showed a smile. This conversation with the daughter reminded me that patients can’t see the facial expressions behind the surgical mask and bunny suit, which forces us doctors to spend more time with the patient and show concern and empathy. The goal is to gain a better understanding of their stories and convey a sense of human warmth.

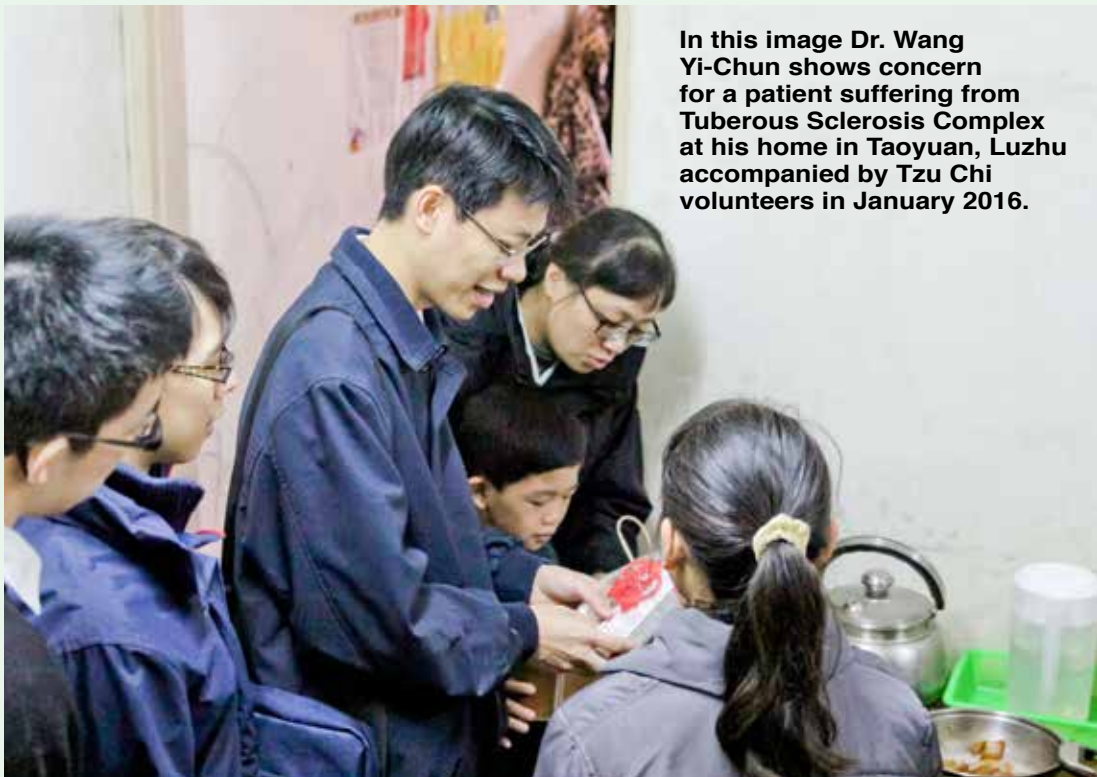
Kazuko Watanabe, a Japanese nun made the following famous statement in her book titled *Bloom Where You Are Planted*: “At the bottom of a dark, deep well, the stars in the sky can be seen even at daylight. The darker and deeper the well, the more clearly discernible are the stars in the sky. Even objects not visible to the naked eye can be observed in this environment.” I realized upon self-reflection that I often forget to empathize due to the multiple layers of isolation in this ward. In the face of patient needs, we have to adopt an approach characterized by a sequence of six steps – look, hear, watch, listen, mindfulness, and “I see”.

Week 3. ALL-OUT EFFORT

“CPR! I wear my isolation gown and press downward, keeping my hands interlocked and my arms straight, while belting the command “once, twice...” followed by a silent blessing... Other hand!” I asked out of breath: “What just happened to the 96-year-old lady in bed 19?” The primary nurse answered, panting heavily: “One hour ago, when I checked on the patient, her breathing and heart rate and blood oxygen level were all normal. When I entered the room right after the foreign domestic helper pressed the nurse call button, I found the lady slumped over on the toilet without breathing and pulse. We lifted her on her bed and started to perform CPR. We also asked the head nurse to announce Green No. 9 (First Aid). The defibrillator screen showed PEA (Pulseless Electrical Activity). Pei-Ying, Ting-Yu, Pei-Ru, and Wan-Ting took turns performing CPR and administered a cardiotonic. Upon hearing the intercom announcement, Resident Physician Mu-Chun donned an isolation gown to assist in the CPR procedures, fearless of the dangers in the isolation ward. After taking out an acrylic intubation cover and a tracheal tube, he successfully intubated the patient. When a lot of undigested food was found during the intubation process, everyone

had the same reaction: Did she choke on her food? After performing first aid for 30 minutes, the old lady still had no pulse. I therefore returned to the nursing station to call the lady's son to determine whether he consented to termination of resuscitation. That's when a miracle happened, which could be attributed to everyone's spirit of never giving up. As a result of uninterrupted, high-quality CPR procedures, the old lady's heartbeat and breathing were revived and the lady's relatives rushed to the ward. Her son couldn't understand why she was in such critical condition, "didn't you tell me last time that my mom's condition

has stabilized, and she is ready to be discharged? The foreign domestic helper sent me a video in which it looks like everyone was fine when she had breakfast this morning." I told him that "when we found your mother collapsed in the bathroom and performed first aid, she had a lot of food in her mouth. It is possible that she choked on the food." Since she was still in quarantine, her family members couldn't enter the ward to be with her. They could only watch from a distance how she was transferred to the ICU. I didn't know how the other members of the Ward 12B team were doing. Everyone had been



In this image Dr. Wang Yi-Chun shows concern for a patient suffering from Tuberous Sclerosis Complex at his home in Taoyuan, Luzhu accompanied by Tzu Chi volunteers in January 2016.

busy from noon to dusk and the clothing underneath the isolation gown had been soaked with sweat countless times. They hadn't eaten anything, and I really wanted to say something to them, but I was lost for words.

After work, I bought dinner for my mom and wife. My mom remarked that "you look skinnier and skinnier! Do you skip lunch?" My wife also chimed in: "You're getting skinnier by the day! No one wants to take a picture with you because everyone looks fat next to you." I replied: "Everything is fine! Kind-hearted people donate bento boxes with a wide range of choices to the isolation ward. I will increase my food intake during my breaks! Thanks for taking care of the two kids during class suspension! I'm really tied up with work!" At night, while my wife was sleeping with the kids, I swung my arms and meditated to calm my mind down.

Ten years ago, when I was still a resident physician, my worst fear was to encounter emergencies that required first aid. While I was sleeping on duty deep at night, I was woken up by the ringing phone and had to rush to the emergency department to perform CPR. A large number of patients couldn't be saved through rescue efforts. I was therefore often in low spirits when I returned to the duty room and had a sleepless night. In addition to the frustration that I hadn't

been able to save the patient's life, I was struck by the fear of death. After starting my employment at Taipei Tzu Chi Hospital, I had a sudden revelation during a first-aid procedure. I realized that I didn't have to put myself under so much pressure. This hospital, which has been constructed by the Dharma Master to cure the sick, relies on the joint efforts of so many volunteers who team up with the medical teams to provide patients with the best care possible. When patients require first aid, their fate is not only determined by their physical condition but also by numerous invisible factors. As an ordinary doctor I don't have the ability to fully understand all these complex causes. In my mind, I told myself that "I represent all the Master's disciples and all medical personnel of the hospital in my first-aid efforts. I sincerely pray to Bodhisattva for protection and assistance in the patient's full recovery through our rescue efforts. Even if we failed, we could tell ourselves that we had given our all to save the patient and could now only pray for the Bodhisattva's blessings and protection. Since that time, I have recited these words in my mind every time I had to perform CPR. I have often observed patients turn the corner and have always told myself that at least we have tried our best!

Week 4. FAITH

One day, Mei-Lun, the hospital's lawyer, told me over the phone that I had to report to the Taipei District Court at 11:30. I was standing in the nursing station with the receiver in my hand and quietly replied: "I have never been to a law court. Tell me where I should report." At the nursing station entrance, I waved to Head Nurse Li-Zhu, telling her that I would take a leave at noon. She comforted me by pointing out that "the Dharma Master urges us to embrace inner sincerity, integrity, faith, and honesty. You are only doing your duty." After arriving in the lobby on the first floor, I hailed a taxi. While taking in the river scenery along the expressway through the taxi window, I was reflecting on the details of the incident.

On the day following the performance of first-aid procedures for the lady in bed 19, Head Nurse Li-Zhu told me that "The footage of the surveillance camera installed at the patient bed taken before the first-aid procedure has revealed that the foreign domestic helper has bullied the old lady. As the old lady was eating very slowly, the maid got impatient for some reason and stuffed food into her mouth with a spoon without waiting for the lady to swallow the previous mouthful. The lady was obviously on the verge of vomiting,

but the maid continued to force feed her. She also struck her face and roughly pushed her into wheelchair to get her to the bathroom."

I was about to call the lady's family members when Mei-Lun reminded that "our status could be changed from witness to defendant if the family members decide to file a lawsuit after receiving the footage and detecting shortcomings in the first-aid procedure. I replied foolishly: "We followed the standard first-aid procedures. We won't have any problems. Honesty is the best policy!" The lawyer laughed and said "OK. I have reported the matter to the Superintendent. He agrees with this course of action. I have learned a lot from this incident!"

On the days following the procedure, the lady's family members would often wait in front of the ICU since the patient was in critical condition. She had tubes all over her body and required dialysis. Her relatives had already signed a DNR (Do Not Resuscitate). They refused any further invasive treatment and had already prepared a shroud for her. Head Nurse Li-Zhu and I had a conversation with the patient's relatives outside the ICU. The old lady's daughter shared that her mother had expressed the wish to leave this world in view of her poor health and advanced age. "We have no intention to investigate into the reasons

for the initiation of first-aid treatment, but our maid told us that mom suddenly started to spit blood when she pushed her into the bathroom. After she pressed the nurse call button, it took over 30 minutes for the nurse to show up. Mom was already gone by then.” The Head Nurse clarified that the surveillance camera footage clearly showed that less

than four minutes passed between the pressing of the button and the initiation of first aid.

The patient’s relatives were watching the footage prior to performance of first-aid procedures in front of the nursing station when the lady’s son suddenly blurted out: “Doctor! Can you give me some hypertension pills? I have high



Good deeds require a good physique - Dr. Wang Yi-Chun, who has been a vegetarian for many years shares vegetarian diet tips for protection of the kidneys during the auspicious month of July.

blood pressure and my heart can't take this anymore!" Then, out of the blue, he kneeled down crying out to heaven: "Mom! I have let you down! We have treated our maid so well and she repaid our kindness by treating you like that! I just don't get it! When I heard people talk about some migrant workers bullying seniors, I never thought it would happen to you!" He was so agitated that he couldn't stand up. His sister kept exhorting him: "You must stay strong! We still have to handle Mom's funeral and report the matter to the police. You can't cave in!" After a while, the lady's son finally got up and slowly returned to the ICU. The patient passed that evening and his family members proceeded to the police station to make a statement.

After answering the prosecutor's questions in the court session, I was getting ready to leave the court building. While the hospital was silent at that time, the court building was bustling with activity just like a wet market. Apparently, disputes are more difficult to handle than the pandemic. After getting into a taxi, the glaring sunlight pierced my eyes. As we passed by the Presidential Office Building and drove along Ketagalan Boulevard, the glittering leaves of the roadside trees which were drenched in sunlight rustled in the wind. Since the end of the pandemic, I hadn't had a chance to take a close-up look

at this city. At that moment, I made a decision. The patient's family members were heartbroken, I had to appear in court, the foreign domestic work had been formally charged, but the medical team had not been made a scapegoat. Was there a better choice? There are so many disputes in life and on my way back to the hospital I felt an urge to yell "Time Out!" I took out my smartphone and earbuds and listened to the following song by Yang Pei-An: "The road of life always encounters wind and rain. Use tears to nurture life courage. Use hope to form wings in the wind. Let dreams dispel the gloom in your heart. You accompany me as I cross mountains and oceans. My heart surges because of you. I am willing to give up my persistence and arrogance. I trust you because I believe in love."

The End

As the daily number of confirmed cases dropped from 100,000 to less than 50,000, my dad had full recuperated, and two isolation wards were closed. I had finally completed my mission as a petty doctor in the isolation ward. It felt like I had been dreaming or had been watching a strange movie. Dharma Master Cheng Yen teaches us that "A bodhisattva saves others from hardship and suffering; a great bodhisattva takes

on hardship and suffering itself.” I am grateful from the bottom of my heart to Ward 12B Director Lan Chou-Chin, Head Nurse Li -Zhu, NP Pei-Ying and Chia-Hsuan, and RN Yun-Ru, Wen-I, Pei-Ju, Wan-Ting, Ting-Yu, Yang-Yen, Hsin-Pei, Pei-Han, Kai-Yuan, Ssu-Yu, I-Chin, Meng-Chun, and Wen-Lin. I want to tell the relatives of the old lady in bed 19 who had passed away that “we have tried our best! May Boddhisattva bless and protect you! I’d also like to let the 100-year-old lady, her daughter, and all discharged patients know that “we are filled with joy that you are safe and your health is fully restored. Thank you for giving us an opportunity to make valid contributions.” I put a lot of time and effort into recording my journey through the pandemic and I sincerely hope that this article will serve as a reference for you and that people will find it helpful.

The following Chuang-Tzu anecdote comes to my mind: “Once Chuang Chou dreamt he was a butterfly, a butterfly flitting and fluttering around, happy with himself and doing as he pleased. He didn’t know he was Chuang Chou. Suddenly he woke up and there he was, solid and unmistakable Chuang Chou. But he didn’t know if he was Chuang Chou who had dreamt he was a butterfly, or a butterfly dreaming he was Chuang Chou.” After the closing and disinfection of the isolation ward, it was reopened as

a normal ward and new patients started to arrive waiting to be treated by me. After the fighter jet has completed its mission, the maverick switches to his own plane and keeps drawing curves in the sky. There is light at the end of every tunnel. After leaving the theater of the maverick, I have stepped into the cinema of my own life donning the 4D glasses of mindfulness. After calming my mind, I have been watching scenes of my life unfold in front of me.



“What a coincidence! My husband is also a younger twin!” Qiu Yaping, the wife of the donor You Junyu, feeling excited, heard the story of donee Fan Gencen and found many coincidences.

Both donor and donee are the same age and both have a single child, in each case a boy. They also have similar body-build and are both tall and thin. Moreover, the biggest coincidence is that they are both the younger child of their respective twin brothers!

The Athletic New Baby Dad May Have the Compatible Gene But Difficulty Identifying a Donor

Fan Gencen, the recipient of hematopoietic stem cells, is a professional soldier. He was energetic and participated in the marathon and completed the race. His son was one month old. Fan was at the peak of his life. Unexpectedly, Fan soon started



Donor You Junyu and recipient Fan Gencen are both twin brothers, and they are similar in stature.

coughing non-stop, and nothing seemed to improve his condition.

What he thought was a minor cold was instead a leukemia diagnosis! The doctor diagnosed him with acute myelogenous leukemia, and Fan Gencen said, “The information I found about leukemia was very discouraging, which made me very desperate. I live a normal life, eat normally, exercise regularly, and cannot accept the fact that I am sick,” said Fan. He is even more worried that he will not be able to accompany his one-month-old child to adulthood.

The doctor told me that only a hematopoietic stem cell transplant would give me a chance of survival. Fan Gencen and his brother are identical twins, and their genes are similar. His brother should be the best transplant choice. However, the doctor explained that if his brother’s hematopoietic stem cells were transplanted into Fan Gencen’s body, the body’s immune system would not be able to recognize that “these are not my own stem cells” due to the brothers’ genes similarity. If cancer cells develop again, there will be no immune response, which may lead to the recurrence of leukemia, so it is not suitable to use the brother’s hematopoietic stem cells.



Originally an athlete and a professional soldier, Fan Gencen found it difficult to accept that he had leukemia, having a special concern over the future of his child who just turned one month old.

A Stranger Who Also Has a Twin Brother Saved a Life with His “Just Do It” Mentality

Unable to find a suitable match among relatives, the attending physician applied for a hematopoietic stem cell match at the Tzu Chi Bone Marrow Stem Cell Center for Fan Gencen.

Fan Gencen was undergoing chemotherapy while waiting for some good news. Soon, a matching donor, You Junyu, was found in Tzu Chi's bone marrow database.

You Junyu works at the airport as a night shift attendant. He initially started doing blood tests to create a profile in the database, having befriended a police officer from the Aviation Police Bureau who is a Tzu Chi volunteer. During a chat, he shared the information that setting up a bone marrow database can save lives. After checking the information online, he registered to participate in the process.

When he received a call from a volunteer informing him that the match was successful and hoping that he would agree to donate, You Junyu said that he did not expect to be so lucky and remembered that the chance of matching was very low. But he was not particularly excited. He was very calm and thought it was a good thing

and the right thing to do. At that time, he casually asked his girlfriend Qiu Yaping (now his wife) for an opinion. Despite her concern about the impact of donation on his body, You Junyu decided to donate. In order to fulfill his selfless act, his girlfriend accompanied him to Dalin Tzu Chi Hospital to complete peripheral blood stem cell donation.

Touched by Two Families, a Cycle of Kindness

The day before Fan Gencen received the stem cell transplant, he received annihilation therapy, which turned all his white blood cells back to zero. He said to his wife, “I wonder if I can survive this?”

When the hematopoietic stem cells were injected into Fan Gencen's body, he looked at the stem cells and felt extremely grateful, “I finally have a chance to live!”

During his illness, family members worked together to share the work load. His wife told him firmly to treat the disease with peace of mind and that she would take good care of their child. Mrs. Fan said that she had seen the story of leukemia on TV and never expected that it would happen to her husband. She hoped for a miracle to help him overcome the difficulty.

His mother traveled north from Kaohsiung to stay with him in the hospital. Fan's mother said that she didn't know how leukemia is treated. Although she was very nervous and anxious, she forced herself to be strong and calm. She encouraged Fan Gencen by reminding him that since medical science is advanced, he shouldn't think too much and relax. "Mom will definitely have a way to make you better."

His mother still treated him like a child. Although she was very worried, she tried her best to encourage and comfort him. Fan Gencen, who was already a father, was very grateful for his mother's diligent care during his illness. He said that only after raising a child can he appreciate the kindness of his parents. He feels very guilty that he still needs his mother to take care of him because of his illness.

After the donation, You Junyu received a thank-you card from Fan Gencen. He remained calm as usual, but his wife was very moved when she saw it, especially by the sentence on the card that said, "On the edge of death, where I am most helpless and hesitant, to have received salvation. I can now accompany my son to grow up." She also shared the card with her sisters and friends, and everyone was very moved when they saw it. Her husband's good deed saved a father's

life, which is equivalent to saving a family!

Transformation after Rebirth and Understanding of Life

Fan Gencen has been a vegetarian for more than ten years. When he was critically ill, he tried hard to survive. He received chemotherapy, blood transfusions and other treatments, which inevitably made his body unsettled. He had insight into the pain and fear that animals endured before they are killed and turned into table food, which made him feel even more uncomfortable because all living beings have senses and are equal.

"I didn't know Tzu Chi before and had no contact with it." When he was at the most desperate stage of his illness, Fan Gencen received a hematopoietic stem cell transplant and was reborn. He was grateful for the donor's selfless act and the volunteers' accompanying attention. Because of the transplant, he now understands that Tzu Chi is a group of volunteers who are committed to doing good deeds silently, and he also saw Tzu Chi's kindness and great love.

During the tea time of the 2022 Meet and Greet event, the two families talked about their everyday lives and expressed gratitude and care for each



After You Junyu and his wife, Qiu Yaping, donated their hematopoietic stem cells to Dalin Tzu Chi Hospital, they took a group photo with Vice President Lai Junliang and accompanying volunteer brothers and sisters.

other. Recipient Fan Gencen said that after receiving the stem cell transplant, he could not eat spicy food. It took a year before he could eat spicy food again. It turned out that the donor, You Junyu, does not eat spicy food regularly. I didn't expect that even eating habits would change after stem cell transplantation.

After going through the critical moments of life and death, Fan changed his perception on life. Before getting sick, he expected to do everything perfectly. After recovering from the illness, he no longer strives for perfection in everything, but will prioritize his family and health in order to seize the moment.

Transcranial Micro Current Simulation Therapy for Insomnia

By Jheng Ran-Shi

40-year-old Chen suffered from severe depression for a long time. She had been taking more than 10 sleeping pills for many years. However, these medicines did not help her get sufficient

sleep. During the worst times, she would sleep less than three hours a night and constantly wake-up. Even worse, long-term use of the medicine made her emotional. Eventually, she was sent to



Dr. Lee Jia-Fu, physical and mental medical ward of Taipei Tzu Chi Hospital, reminds patients with sleeping disorder for a long period of time, consult our physician to find the correct treatment.



Transcranial micro current simulation therapy is to apply electric current, through ear clips, attached to earlobes, transmitted to the brain. The strength of the current can be adjusted to suit the patient's condition.

the physical and mental medical ward of Taipei Tzu Chi Hospital for treatment. Dr. Lee Jia-Fu of the Tzu Chi Hospital adjusted Chen's prescriptions. In addition, Dr. Lee applied transcranial micro current simulation therapy to improve her sleep. After six weeks of such treatment, Chen's sleep condition was significantly improved. She would sleep up to seven hours a night. In addition, she would only wake up less than twice a night, rather than four times as before.

Sleep is an important function for the human body; during that time our brain is in a repairing phase. During sleep, our brain cells normally shrink, so that cerebrospinal fluid can flow between cells and wash out the damaging

proteins. This process restores the normal function of the brain to get ready for the next day's activities. Dr. Lee says, "If a person has trouble sleeping and/or wakes up frequently during sleeping, he/she would be diagnosed for 'Insomnia'. Insomnia significantly influences the brain functions. When brain waste cannot be washed out, emotional and cognitive functions are influenced, which causes melancholy and decreased concentration."

Statistics from the Taiwan Sleep Medicine Association show that the insomnia rate in Taiwan is about 10.7%. It affects all age groups and could be caused by stress from study or work. If not carefully treated, insomnia may result in cardiovascular diseases, memory loss,

and endocrine disorders.

The traditional treatment of insomnia usually involves sedative sleeping pills. But Dr. Lee points out that the side effects of long-term use of these pills can cause drug dependence. Eventually, patients would lose their ability to sleep naturally. Lately, thanks to modern technologies, a more advanced approach of transcranial micro current simulation therapy has become an adjuvant treatment. The basic principle of this approach is to apply very low and safe micro ampere electric current to the patient's brain. Electric current is applied through ear clips to induce the brain to produce endorphins and serotonin, which control the psychology and emotions of the patient. Therefore, the patient's emotional cognition can be properly adjusted, resulting in better sleep. Dr. Lee also says, "Micro current treatment is a physical therapy. The electric current amplifies the effects of the Alpha wave of the brain. This way the pressure of the brain is reduced and relaxed. Through a treatment period of four to six weeks, the result is obvious." Research results indicated that the approach is highly safe, not addictive and has no side effects. This therapy is suitable for most insomnia patients who

have been using sedative sleeping pills without much improvement. However, it is not suitable for patients with epilepsy or persons with pacemakers.

Finally, Dr. Lee reminds us that prevention is better than looking for a cure for insomnia. He suggests that we should "eat healthy, sleep worryless, and exercise happily." He recommends eating more bananas, nuts, soybeans, and various foods rich in tryptophan. Also, we should have our fixed daily routine, and enjoy frequent outdoor activities under the sunshine. Upon experiencing any symptom of insomnia we should consult a physician, and do not arbitrarily take any sedative sleeping pills.



Stage 4 Pancreatic Cancer Successfully Reversed in Seven Months

By Hsieh Ming-Chin and Tseng Hsiu-Ying

A 67-year-old lady who had lost 12 kg in only two months sought medical attention for black stool. An examination at Taichung Tzu Chi Hospital revealed pancreatic cancer which had

metastasized to the peritoneum and had already reached stage 4.

Dr. Yu Cheng-Chan, Director of the General Surgery Division, tried all he could to combat the cancer together



Dr. Yu Cheng-Chan, Director of the General Surgery Division, tried all he could to cure the pancreatic cancer the patient was suffering from. As a result, her cancer has been reversed from stage 4 to stage 2 and the patient's condition remains stable.

with the patient. They didn't give up any hope. After undergoing various treatments including chemotherapy, splenic artery embolization, and surgery over a period of seven months, the patient's cancer was finally reversed to stage 2. No recurrence has been detected during a tracking period of six months. The doctor, the patient, and her family all cherish the lady's new lease of life.

The old lady's treatment process had its twists and turns. She recalls that after losing 12 kg in a short period of two months, she observed black stool and decided to go to a clinic. The results of a blood test revealed severe anemia. The doctor referred her to a hospital for a gastroscopy. She was diagnosed with gastric variceal rupture and bleeding caused by cirrhosis. No improvement was achieved through a 2-month medication regimen ordered by the doctor.

She then decided to seek a second opinion at Taichung Tzu Chi Hospital. Upon consultation with a physician of the Division of Gastroenterology, abdominal ultrasonography was performed. A pancreatic focus was detected in this sonography, and she was immediately transferred to the Division of General Surgery.

Director Yu Cheng-Chan determined through a CT scan, gastroscopy, and



Dr. Yu Cheng-Chan explains the areas affected by pancreatic cancer and possible treatment methods with the aid of a model.

laparoscopy that the old lady's cancer cells had already metastasized to the peritoneum. The tumor had encroached on the stomach area, which had resulted in a bleeding ulcer. She was diagnosed with stage 4 cancer and the prognosis was pessimistic.

Despite the fact that she had contracted the "king of cancers", she didn't give up hope. She fully cooperated with Director Yu's therapy plan. After undergoing a series of chemotherapy treatments, her tumor had shrunk noticeably. Unexpectedly, the patient's gastric bleeding recurred and could not be stopped since the focus was too deep. No improvement was achieved with another splenic artery embolization. At one point, she wanted to give up and

transfer to the hospice ward in the face of the dual blow of the emotionally and physically exhausting therapy and her dramatic turn for the worse.

Director Yu couldn't bear to see her give up after coming so far. He continued to implore the patient to hang on to a glimmer of hope. Finally, the lady agreed to surgery.

In accordance with the hemostasis surgery plan, the areas invaded by the tumor including the tail of the pancreas, the spleen, part of the stomach, and the colon were surgically removed in sequence. Almost all the viscera in the upper left abdomen had been treated. In the process of the surgery, it was accidentally detected that the metastatic focus had disappeared after chemotherapy. The final pathology report revealed that the patient's stage 4 cancer had been successfully reversed to stage

2. No signs of recurrence were detected during a tracking period of six months!

Upon hearing the good news, the lady expressed her profound gratitude for the dedicated efforts of the medical team. She shared with the team that she particularly cherished the fact that she would have more time to spend with her family.

The fortunate reversal of the disease course was a heartening moment for the medical team. Director Yu points out that pancreatic cancer is often dubbed a "silent killer" since the early stages are asymptomatic. When patients are diagnosed, the cancer has often already advanced to a late stage. As a surgeon, he must accurately judge the timing and take action at the right moment without ever giving up on the patient. The case of the old lady also made him realize that hope is always present if we don't give

up easily thanks to the advances in medical technology.



Dr. Yu Cheng-Chan, the leader of the general surgery team, realized from a pancreatic cancer case that hope is always present if we don't give up easily thanks to the advances in medical technology.

A close-up photograph of a tea branch with long, slender green leaves and small, glistening dew drops. The branch hangs from the top left, with another branch visible in the background. The background is a soft, out-of-focus green.

Illuminations

*Words of Insight from
Dharma Master Cheng Yen*

Vol. 1: On Living and Dying

解惑——證嚴法師答客問（一）生老病死篇 英文版

The Illuminations book series compiles thousands of Dharma Master Cheng Yen's remarks and teachings in response to people's questions on various topics. Volume One covers topics on living and dying. Rather than being attached to the worldly concerns relating to living and dying, we can instead uncover the pure wisdom that we intrinsically possess and let our mind be at peace and at ease.

Narrator: Shih Cheng Yen

Compilation: Jing Si Sangha Editorial Team



Ebook available at Amazon &
Hyread.