



何浩楷醫生

Dr. Chester Ho

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醫者仁心 創造奇蹟

2021年，加拿大脊髓損傷康復協會授予何浩楷醫生“創新冠軍獎”時，這樣描述何醫生：“作為一名臨床醫生，何醫生不僅因其科學和專業技能受到患者讚譽，還因其真誠的善良和耐心而備受讚賞。”何浩楷就是這樣一位有仁愛之心的醫生，他的一言一行中都透露着溫和謙遜的氣質。

“慢慢”愛上康復治療

和常見的勵志故事不一樣，何浩楷走上從醫之道的過程顯得有些平淡無奇。他不是自幼立志攻克頑疾的天才少年，而是如同“慢熱”的紅泥火爐一樣慢慢燃起對醫學的熱愛，但這份熱愛燃起來後就恆久而穩定，引領他在醫學領域不斷突破局限和創造奇蹟，成為同行、病患及社區都敬重和愛戴的醫生和科學家。

何浩楷1967年生於香港一個和睦家庭，從小接受良好教育，15歲前往英國讀高中。像很多傳統中國家庭一樣，父母熱切希望他從醫。他以優異成績畢業，獲得獎學金到劍橋大學讀醫學專業。但在最初修讀基礎課程時，他的內心尚不確定自己是否適合這個職業。直到進入臨床培訓階段開始接觸病患者時，他才發現，原來當醫生真的很适合自己。

在劍橋大學醫院培訓時，何浩楷曾跟進一位患者的康復治療。那位患者在一次中風後喪失了語言和行動能力，這對他和家人的心理和生活都造成巨大打擊。對多數專科醫生而言，他

們關注的往往是人體中的一部分器官或系統。但對病患者和他的家人而言，不能恢復中風前的機體功能和獨立生活能力，如何談得上治癒？何浩楷深受觸動，他更願意把病患者作為一個完整的人去全面關懷和幫助他們，而不是僅局限於處理病灶。由此他決定將康復治療作為自己的專業領域。

輾轉從醫路

何浩楷在劍橋大學醫學院就讀期間，他的家人移民北美。父母到了加拿大，姐姐和妹妹都到了美國。為了能和父母團聚，從劍橋畢業後他申請了多所加拿大醫療機構住院醫師的位置。遺憾的是他的申請全都如泥牛入海。因為當年加拿大醫科畢業生數量多於住院醫師培訓名額，加之上一世紀90年代初，加拿大遠不如今天這樣注重多元和包容，所以儘管有世界頂級院校的醫學博士（MD）背景，何浩楷卻連與加拿大本地畢業生公平競爭的機會都沒有。

無奈之際他轉向美國，得到哈佛大學醫學院/斯波爾丁康復醫院的住院醫師培訓機會。因為表現出眾，他被選為首席住院醫師。之後他又在新澤西醫學與牙科大學/凱斯勒康復研究所接受了脊髓損傷醫學的專科培訓，成為在物理醫學與康復治療和脊髓損傷兩個領域都得到美國醫學專科委員會認證的醫生。

培訓結束後，何浩楷憑藉出色的能力得到俄亥俄州克利夫蘭退伍軍人事務醫療中心的工作機會。他原打算在克利夫蘭過一段時間就到加拿大與父母團聚，未曾想一待就是十一年。

成為脊髓損傷康復治療專家

作為美國退伍軍人事務部旗下的醫療中心之一，克利夫蘭醫療中心是一所醫療和研究並重的世界頂級醫療機構，以領先的醫療技術和患者至上的理念聞名於世。這裡也是世界最先進的功能性電刺激（FES）中心所在地，科學家們在這裡研究和利用小電脈衝激活脊髓損傷者的特定肌肉和神經，幫助他們恢復肌體功能。這個職位正好符合何浩楷同時從事臨床治療和醫學研究的理想。

在克利夫蘭，何浩楷得到充足支持。他和世界上最優秀的醫學專家一起，治療脊髓損傷患者的同時，研究幫助他們恢復獨立生活能力的辦法。2006年，他成為克利夫蘭醫療中心的脊髓損傷科主任。

憶起在美國的歲月，何浩楷念念不忘當年的恩師：哈佛斯波丁康復醫院的理療師戴維·伯克醫生（David Burke），凱斯勒康復研究所的脊髓損傷康復治療專家史蒂夫·克斯伯勒姆醫生（Steven Kirshblum），以及克利夫蘭醫療中心的神經內科專家羅伯特·拉夫醫生（Robert Ruff）。何浩楷說：“他們是那麼聰明過人的專家，但卻如此謙遜。他們以身作則，教會我如何傾聽和與病患交談，讓我學會如何關愛病患者。”

創造醫學奇蹟

2011年，何浩楷已成為脊髓損傷康復治療領域頗有建樹的專家，當年對他緊閉大門的加拿大醫學界向他伸出橄欖枝——

艾伯塔省卡爾加里大學卡明醫學院聘請他擔任物理醫學和康復科負責人。為了離父母近一點，何浩楷決定接受這個職位。

在卡爾加里，何浩楷見到一位頸部以下完全癱瘓且24小時戴着呼吸機的患者。這位患者自從一次事故導致癱瘓後就長年臥床，從未接受過康復治療，甚至未離開過療養院。加拿大醫療機構的康復專科通常不接收戴呼吸機的患者，但惻隱之心讓何浩楷決定幫助這位患者，他深信通過適宜的治療和設備，可以大幅改善這位患者的生活質量。

他引入相關技術，通過微創手術給病人體內植入隔膜起搏器，使病人能夠脫離呼吸機自由呼吸，並且可以進食真正的食物。這是艾伯塔省首次植入隔膜起搏器的病例。他又通過理療讓患者能夠自己駕駛電動輪椅活動，患者得以坐輪椅和家人一起去看電影。這些普通人習以為常的小事，對被困病床多年的病患者及其家人而言卻是此前不敢奢望的奇迹。何浩楷由衷地為病患者和他的家人感到高興。

2017年，艾伯塔大學聘請何浩楷擔任物理醫學和康復系教授、系主任和首任脊髓損傷研究主席。他還兼任加拿大最大的康復醫院之一——格蘭羅斯（Glenrose）康復醫院的醫療主任。在埃德蒙頓，他帶領團隊繼續創造醫學奇蹟。他通過6個多月的治療讓一位由於飛行事故導致雙腿癱瘓的患者重新站立和行走，如今這位患者甚至可以無需藉助拐杖就能行走。

致力推動社區創新改變

除了臨床治療和研究工作，何浩楷還領導多個省級和聯邦衛生服務的政策制訂或指導委員會工作。作為艾伯塔省神經科學、康復與視覺戰略衛生網絡（NRV SCN）的高級醫療主任，他領導了多項臨床治療途徑的開發和創新實施工作，包括推出長新冠後遺症的康復治療戰略，艾省因此成為在這方面領先全國的省份之一。

他與非盈利機構合作，為卡加里的FES項目籌款，讓當地醫院和社區共同合作為脊髓損傷及神經系統紊亂患者提供FES腳踏車訓練，這個項目模式在加拿大屬於首創，它起到成功的示範作用，帶動其他地區也建立起相似項目。何浩楷還積極推動艾省住房標準的改進，借鑒成功的國際經驗，使艾省新建住房能更好地滿足殘障人士的特殊需求。

憑着對病患的真誠關愛和對醫生職業的恆久熱情，何浩楷持續不斷為脊髓損傷患者的未來帶來創新型改變，但他始終保持着謙遜，把患者當作給予自己啟發的老師。當他在指導年輕的住院醫師時，除了向他們傳授醫學知識，他會教給他們兩件最重要的事：其一是“以患者為中心，從患者整體角度出發對待他們”；其二是“永遠不要低估患者自身的康復潛力”。



幼時全家合照
Family pic when young



與拔萃學校的同學合照
DPS with friends



1993年從劍橋大學醫學院畢業
Chester Ho Cambridge Clinical School
graduation 1993



2014年同父母和姐妹到基洛納旅遊
2014 Kelowna trip with parents and sisters



2014年同家人一起慶祝父親80大壽
2014 Dad's 80th birthday celebration with
sisters in Richmond BC



2016年遊覽班夫國家公園
2016 Banff National Park Alberta



2018年父母金婚慶祝會
2018 Mom and Dad 50th anniversary
celebration in Richmond BC



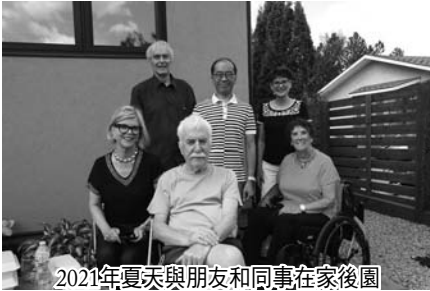
2005年在克利夫蘭與教會朋友的聖誕聚會

2005 Christmas in Cleveland with church friends



2014年與卡爾加里的同事一起去紐芬蘭省參加加拿大物理及康復協會會議

2014 Canadian Association of Physical Medicine & Rehabilitation meeting in St Johns NFLD with Calgary colleagues and residents



2021年夏天與朋友和同事在家後園

2021 Friends and colleagues in Edmonton summer gathering in my backyard



幫助因飛行事故癱瘓的病人進行康復訓練

Helping a patient with his recovery training



2022年在艾伯塔大學的實驗室

2022 my lab at University of Alberta



2019年參加“希望之夜”

Night of Hope 2019 cropped



卡爾加里大學W21C A項目團隊合影 (2015年)

University of Calgary W21C Project A team 2015-4-6

A Kind Doctor - A Miracle Worker —Dr. Chester Ho

When the Canadian Spinal Cord Injury Association presented Dr. Chester Ho with the Champion of Change Award in 2021, they stated "As a clinician, Dr. Ho is praised by his patients, not only for his scientific and professional skills, but for his genuine kindness and patience." Dr. Chester Ho is exactly that - his words and actions all reflect a gentle humility.

Rehabilitation Therapy "Grew" on Him

Chester's story is different from the typical inspirational story - he did not have a childhood dream of conquering chronic diseases. His passion for medicine smoldered like embers in a red clay stove, but once ignited, it grew steadfastly over time, leading to continuous groundbreaking innovations and miraculous discoveries, making him a respected and beloved doctor and scientist among the medical community and beyond.

Chester was born in 1967 in Hong Kong to a loving family. He received a good education including boarding school in Britain from the age of 15. Like many traditional Chinese families, his parents hoped that he would be a doctor. He received a scholarship from Cambridge University upon graduating from high school. He entered medical school but was unsure if that was the right

profession for him, until he began interacting with patients and realized being a doctor suited him quite well.

While training at Cambridge, Chester met a stroke patient who had lost his speech and mobility, causing much stress for him and his family in dealing with everyday life. Many specialists tend to focus on the body organ or system within their specialty. But for the patient and their family, recovery is incomplete if they cannot return to life before the stroke. Chester fully realizes this and looks at the patient as a whole person to help care for them in a holistic way, rather than by individual body functions. This is what led him to decide to devote his work to rehabilitation.

A Convoluted Career Path

When Chester was studying at Cambridge University, his parents immigrated to Canada and his sisters moved to the United States. To be closer to his parents, he applied to many Canadian hospitals for a residency position. However Canadian graduates in the early 1990s, exceeded the number of residency positions available, and perhaps because diversity and inclusiveness were less of a focus, Chester's training background from a top medical school did not even get him a chance to compete with Canadian graduates.

As a backup plan, Chester applied in the US, and obtained a residency in Physical Medicine & Rehabilitation at Harvard Medical School/Spaulding Rehabilitation Hospital. He even

became the Chief Resident. Later he completed fellowship training in Spinal Cord Injury (SCI) Medicine at the University of Medicine & Dentistry of New Jersey/Kessler Institute of Rehabilitation, and became an American Board-certified physician in both physical medicine and rehabilitation and spinal cord injury. After completing training, he obtained a position at the Louis Stokes Cleveland Veterans Affairs Medical Center in Cleveland, Ohio. He had planned to stay for a short time but was there for 11 years.

Becoming a Spinal Cord Injury Rehabilitation Expert

The Louis Stokes Cleveland Department of Veterans Affairs Medical Center is a top research hospital known around the world for its patient first philosophy and medical technology. It is a world leader in functional electrical stimulation (FES); scientists research the use of small electrical pulses to activate specific muscles and nerves in people with spinal cord injuries to help them restore body functions. It was the ideal setting where Chester could combine bedside treatment with medical research.

In Cleveland, Chester was fully supported in his work. He worked with the best medical professionals to treat spinal cord injury patients while researching new and better ways to help them resume independent living. In 2006, he became Chief of Spinal Cord Injury.

In recalling his days in the USA, Chester remembers these mentors: Dr. David Burke, Physiatrist, at Harvard, Dr. Steven Kirshblum,

Physiatrist, at the Kessler Institute of Rehabilitation and Dr. Robert Ruff, Neurologist, at the Cleveland Clinic. He says: “They are all smart specialists but so humble. Their examples taught me how to listen and talk with patients and how to care for them.”

Creating Medical Miracles

By 2011, when Chester was quite established as a spinal cord injury expert, Canada extended an olive branch to him - he was offered the position of division head, Physical Medicine and Rehabilitation at the University of Calgary’s Cumming School of Medicine. To be closer to his parents, he accepted.

In Calgary, Chester met a person with tetraplegia who was on a ventilator around the clock. Since his accident, this patient had been bed-ridden, never offered any rehabilitation, never even leaving the nursing home where he now lived. Until then, most Canadian rehabilitation organizations did not treat anyone on a ventilator, but out of compassion Chester decided to help him. He believed that with the right treatment and equipment, this patient could greatly improve his quality of life.

Chester introduced diaphragm pacing to Alberta - using a key hole incision, a diaphragm pacer was implanted in the patient, enabling the patient to not only breathe on his own, but also to eat foods. This was the first diaphragm pacer implantation in Alberta. Through rehabilitation assessment and training, the patient could operate an

electric wheelchair, which he used to see a movie in the theatre with his family while he was ventilator-free. These little things that most of us take for granted, made a huge difference for this patient and his family. Chester was sincerely happy for them.

In 2017, Chester became Director, Physical Medicine & Rehabilitation, Professor of Medicine and inaugural Spinal Cord Injury Research Chair at the University of Alberta. He was also Facility Medical Director of the Glenrose Rehabilitation Hospital in Edmonton, Alberta - one of the largest rehabilitation hospitals in Canada. Here, he led his team to create even more medical miracles. He helped a person with paraplegia injured in a flying accident regain use of his legs through 6 months of therapy. Today, this patient walks without aid.

Commitment to Promote Community Innovation

Chester works with many provincial and federal health services in policy development, and sits on steering committees. As the Senior Medical Director of the Alberta Health Services Neurosciences, Rehabilitation & Vision Strategic Clinical Network (NRV SCN), he led the development of novel clinical pathways and implementation of innovations in Alberta. Under his leadership, Alberta was the first province to implement a long COVID-19 recovery and rehabilitation plan.

He worked with nonprofit organizations to raise funds to build

Alberta's first community-based FES program. This made Calgary the first in Canada to offer patients with spinal cord injuries and neurological disorders an integrated FES cycling program, and an effective demonstration site for other regions to establish similar programs. In addition, he actively promoted the adaption of international best practices in housing for people with disabilities, so that Alberta's new housing constructions can better meet the special needs of disabled people.

With a sincere concern for his patients, and lasting enthusiasm for the medical profession, Chester continues to work towards improving the future of spinal cord injury patients. In all of that, he maintains his humility, viewing patients as his inspiring teachers. He teaches his residents more than clinical knowledge. He teaches them two other important concepts: one to be patient-centric - develop holistic treatment plans from their perspectives, and two to never underestimate the patient's inherent potential to heal.