

# 醫療健康服務

Medical and Health Services



## 服務方向 Service Orientation

醫療健康服務致力推廣健康生活，積極發展基層醫療，建設健康城市。本會透過跨專業團隊為市民提供中醫、西醫、院舍外展醫生到診服務、牙科、物理治療、臨床心理服務、足部診療、營養服務、護士諮詢及癌症家庭支援等，由疾病預防、疾病治療、以至疾病管理提供一站式的服務。

Our Medical and Health Services are dedicated to promoting a healthy lifestyle, developing primary healthcare and building a healthy city. Our multidisciplinary team provides a wide spectrum of services ranging from Chinese medicine, medical consultations, visiting medical practitioner service for residential care homes, dental service, physiotherapy, clinical psychological service, podiatry and dietetic service to nurse consultations and support services for cancer patients and their families. We provide one-stop services from disease prevention and treatment to disease management.

## 服務摘要 Service Highlights

### 健齒行動 惠及基層

本會牙科服務承蒙香港公益金撥款資助，於2019年4月至2022年3月推行「健齒行動」計劃，為服務低收入人士的社區中心提供免費口腔健康教育及外展牙齒檢查，並為合資格之基層家庭提供牙科護理津貼，以鼓勵有牙患之低收入人士盡快就醫，首年服務了1,975人。去年10月，我們還舉辦了「健齒行動嘉年華」，推動市民建立良好的口腔護理習慣及預防口腔疾病。



◀ 「健齒行動」與各社區組織合作進行外展工作，以助低收入市民得到資助以及早治療牙患。  
“Dental Care Action” collaborates with community organisations to offer outreach oral check-ups and subsidise early dental treatments for low-income individuals.

### 社區健康 刻不容緩

醫療健康服務十分支持政府立例全面禁止另類吸煙產品的進口、製造、售賣、分發及宣傳，以防患於未然。我們亦多次在立法會衛生事務委員會表達意見，倡議政府採取有效的控煙政策，鼓勵不同的機構攜手參與控煙工作。本會由2017年底開始參與由衛生署推行的《戒煙服務公私營協作先導計劃》為有需要人士提供免費的戒煙服務。計劃成績令人鼓舞，其中一個成功戒煙個案更接受香港電台 RTHK 31 之訪問，當中我們的醫生亦分享戒煙藥物成效。



◀ 推廣有關電子煙對健康的害處，倡導政府立法管制。  
We spread awareness of the health risks associated with e-cigarettes and advocated legislation to regulate e-cigarettes.

### Dental Care Action for Low-Income Families

Funded by the Hong Kong Community Chest, the “Dental Care Action” initiative was launched to offer free oral health education and outreach dental check-ups to community centres serving low-income individuals from April 2019 to March 2022. Eligible low-income families are also granted a dental care allowance, in order to encourage early treatment among low-income individuals with potential dental problems. The initiative benefitted a total of 1,975 individuals in the first year. The “Dental Care Action Carnival” was also held in October 2019 to promote good oral care habits and the prevention of oral diseases for the public.

### Community Health as Top Priority

Our Medical and Health Services have been fully supportive of legislation on banning the import, manufacture, sale, distribution and advertisement of alternative smoking products. We have expressed our views on multiple occasions to the Panel on Health Services of the Legislative Council, advocating the enactment of effective tobacco control policies and calling for concerted efforts in cross-institutional tobacco control. Since late 2017, the CFSC Medical Clinic has been partaking in the “Pilot Public-Private Partnership Programme on Smoking Cessation” launched by the Department of Health, providing free smoking cessation services to people in need. The programme has proven to be a huge success, with one of the success stories broadcast on the RTHK 31 channel. During the interview with RTHK, one of our doctors also took the opportunity to share the promising results of smoking cessation medications.

## 健康家庭 有營有動

由衛生署《邁向 2025：香港非傳染病防控策略及行動計劃》資助，我們於去年 8 月推行「愛·營動家庭健康計劃」，鼓勵低收入家庭實踐健康生活。透過舉辦家庭健康體驗日，與香港伸展學會及香港吸煙與健康委員會一起設計活動推廣健康知識，又於健康檢查包括血糖、膽固醇檢查及健康諮詢期間，共招募了 33 名有較高健康風險的參加者，訓練成為營動大使，參與一系列由註冊營養師及註冊健身教練教授的工作坊及活動，學習閱讀營養標籤、健康飲食知識，及正確的伸展和徒步運動，讓他們應用於日常生活中及鼓勵家人培養恆常運動的習慣。

## Healthy Families in Action

Funded by the “Towards 2025 Strategy and Action Plan to Prevent and Control NCD in Hong Kong” of the Department of Health, the “Love Healthy Family Programme” was launched in August 2019 to encourage healthy lifestyle among low-income families. The Healthy Family Day was held in collaboration with the Hong Kong Stretching Exercise Association and Hong Kong Council of Smoking and Health, and activities were designed jointly to raise public awareness of health-related knowledge. During health screenings including instant blood glucose and cholesterol tests and health consultations, 33 participants identified with a high risk of developing health problems were recruited to undergo training as health ambassadors in the making. They were instructed by our registered dietitians and physical training instructors in a series of workshops and activities covering nutrition label reading skills, knowledge on healthy eating and proper stretching and walking techniques. They could then apply these skills and knowledge to their daily lives and inspire their family members to exercise regularly.



- ▲ 本年度出版了不同的刊物，積極向市民推廣健康及防疫資訊。  
Throughout the year, we issued a number of publications disseminating health knowledge and anti-epidemic information.



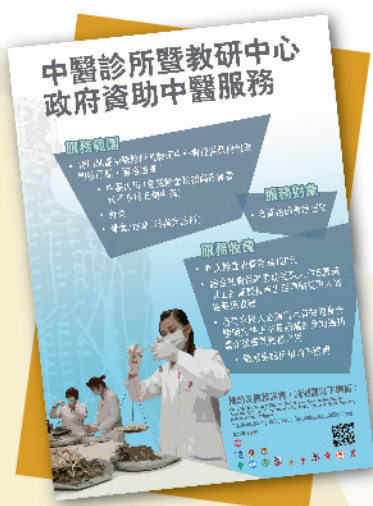
- ▲ 註冊營養師帶領小朋友參與「社區營養教室」體驗活動，在遊戲中學習健康飲食知識。  
A group of children learnt about healthy eating through a game-based experience led by our registered dietitian in the Community Nutrition classroom.



- ▲ 註冊營養師帶領長者實地遊超市，教授選擇營養食物及閱讀營養標籤。  
Our registered dietitian shared tips for choosing nutritious food and reading nutrition labels in a supermarket visit with elderly.

## 觀塘區政府資助中醫門診服務

隨着政府於「行政長官2018年施政報告」宣佈將中醫藥納入香港醫療系統，我們的牛頭角中醫教研中心由2020年3月起，正式改名為「基督教家庭服務中心—香港中文大學中醫診所暨教研中心（觀塘區）」，於地區層面提供政府資助中醫門診服務；每日按配額為合資格香港居民提供政府資助中醫門診服務，每次收費為港幣 \$120，綜合社會保障援助受惠人 / 75 歲或以上的高額長者生活津貼的受惠人將獲豁免收費。服務範圍包括中醫內科、針灸、骨傷及推拿等，讓更多市民受惠於中醫服務。



◀「基督教家庭服務中心—香港中文大學中醫診所暨教研中心（觀塘區）」提供政府資助中醫門診服務。  
The CMCTR provides government-subsidised out-patient CM services.

## Government-Subsidised Out-Patient Chinese Medicine Services in Kwun Tong District

With the 2018 Policy Address announcing the incorporation of Chinese medicine (CM) into Hong Kong's healthcare system, the Christian Family Service Centre - The Chinese University of Hong Kong Chinese Medicine Centre for Training and Research (Ngau Tau Kok) was renamed as Christian Family Service Centre - The Chinese University of Hong Kong Chinese Medicine Clinic cum Training & Research Centre of Kwun Tong District (CMCTR) in March 2020. The service centre aims to provide government-subsidised out-patient CM services at the district level. Subject to a daily quota, it offers services to eligible Hong Kong residents at a charge of HK\$120 per consultation. The fee is waived for recipients of the Comprehensive Social Security Assistance / Higher Old Age Living Allowance (aged 75 or above). With the scope of services ranging from Chinese medicine general consultation to acupuncture, bone-setting and Tui-na, the service centre sets out to benefit a broader community with Chinese medicine services.

## 培訓中醫師

在醫院管理局的資助下，中心致力培訓中醫師，安排醫師參加初級及高級醫師獎學金計劃，於國內接受專科培訓，中心亦為香港中文大學中醫學院培訓中醫學學士及碩士學生，本年度共有 14 名中醫學學生在中心接受合共 102 節臨床培訓。同時由 2020 年 3 月開展全新進修醫師培訓計劃，讓中心的高級醫師協助推展培訓計劃，包括陪診及跟診等，以全面提升進修醫師的專業水平及服務發展。

## Ongoing Training for Chinese Medicine Practitioners

With funding from the Hospital Authority, the CMCTR is committed to arranging for Chinese medicine practitioners to participate in junior and senior scholarship schemes and undergo specialised training in mainland China. Clinical internships were also offered to bachelor's and master's students from the School of Chinese Medicine, the Chinese University of Hong Kong. This year, a total of 102 clinical training sessions were offered to 14 students altogether. Since March 2020, a new Chinese Medicine Practitioner Trainee (CMPT) Programme has also been underway to engage our senior Chinese medicine practitioners in a wider range of training programmes from clinical practicum to supervised consultation. This serves to elevate the professionalism and service standards of CMPTs to a new level.



◀中醫診所推出湯包花茶系列產品。  
Our Chinese medical clinic launched an exclusive collection of herbal soup packs and floral tea products.

## 中西醫協作服務

在中西醫協作服務方面，中心繼續於基督教聯合醫院東九龍疼痛治療中心提供外展門診針灸服務，並於 2019 年 5 月開展基督教聯合醫院中風病房中醫針灸治療服務，診所安排中醫師到病房為合適病人進行針灸治療，藉此加快病人康復進度，本年度共為 12 名住院病人提供 28 次針灸治療服務，成效亦獲肯定。



◀ 中醫診所為有需要的長者提供外展門診針灸服務。  
The CMCTR Providing outreach acupuncture services for elders in need.



◀ 全新裝修的針灸室。  
Our newly-renovated acupuncture room.

## 「院舍外展醫生到診服務」招標

「院舍外展醫生到診服務」於去年 6 月為九龍東（觀塘、黃大仙及西貢區）及九龍西 1（深水埗區）私營及自負盈虧安老院和殘疾人士院舍進行「院舍外展醫生到診服務」招標。期間，可讓醫生更了解服務內容，加強彼此合作關係。招標結果亦十分鼓舞，成功招標 26 位醫生，並於 10 月開始提供服務，以提升「院舍外展醫生到診服務」服務質素，讓更多住客受惠。

## Tender for the Provision of Visiting Medical Practitioner Service for Residential Care Homes

Tender for the Provision of Visiting Medical Practitioner Service for Residential Care Homes was held in June 2019 for privately-run and self-financing residential care homes for the elderly and persons with disabilities in Kowloon East (Kwun Tong, Wong Tai Sin and Sai Kung) and Kowloon West 1 (Sham Shui Po). The process gave medical practitioners clearer insights into the scope of services and consolidated our partnerships with them. The result was highly encouraging, with 26 successful candidates entering into service in October 2019. This set out to improve the quality of Visiting Medical Practitioner Service for Residential Care Homes and benefit more residents in these homes.



► 中西醫合作舉行健康講座。  
Our Chinese and Western medicine practitioners came together to deliver a health seminar.



## 未來發展 Outlook

在新冠肺炎疫情下，醫療健康服務會為市民提供正確的健康及防疫資訊。面對未來經濟環境嚴峻，本會亦會繼續為低收入家庭及長者申請資源，讓有需要的群體及時就醫。此外，我們將繼續推動基層醫療服務，提升醫療團隊的協作，並根據政府政策開展更貼近社區需要的健康計劃。另外，亦會連結地區組織，加強與院校及公私營合作，透過研究計劃及社區協作倡導具社會效益及公平的健康政策，共同應對非傳染病以促進全人健康。

Amid the COVID-19 pandemic, Medical and Health Services will strive to provide the public with accurate health and anti-epidemic information. In view of the gloomy economic outlook, we will continue to solicit resources for low-income families and elderlies to ensure timely treatments for those in need. Persistent efforts will also be made to develop primary health care, enhance collaboration across medical teams and initiate health programmes that better cater to the needs of the community in accordance with government policies. In addition, we will cement ties with community organisations, educational institutions and public and private organisations to promote equitable and socially beneficial health policies by means of joint research projects and community collaboration. These joint actions seek to combat non-communicable diseases and promote holistic wellness in solidarity.

## 2019-2020 服務統計 (截至2020年3月31日) Service Statistics (as at 31<sup>st</sup> March, 2020)

