



**MEDICAL &
HEALTH SERVICES**
醫療健康服務

CFSC

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服務綜述

Service Overview

本會的醫療健康服務一向致力發展基層醫療護理服務，作為市民與醫護體制的第一個接觸點，由疾病預防、疾病治療、以至疾病管理提供一站式的服務。

It has always been the mission of our Medical & Health Services to develop quality primary health care services. We serve as the first contact point in community for people in need of medical & health services through the provision of one-stop service from disease prevention, disease treatment to disease management.

疾病預防：

Disease Prevention:

中心提供免費的自助體檢儀器，如量度體重指數、生命表徵量器（包括血壓、心跳及血含氧量）等，方便市民進行自助健康檢查。此外，除保健計劃，亦提供非化驗性質之檢測項目，包括血糖及膽固醇測試、超聲波骨質密度檢查、脂肪檢查、眼壓檢查等。中心更透過健康服務會員制度，了解會員的生活習慣、個人及家族病史等；並鼓勵會員透過不同醫護專業人員提供各項健康檢測，再由醫生解讀健康風險評估，以防止或盡早識別長期疾病的發生，並減慢其惡化的速度。除此以外，中心會透過健康講座、健體運動班及社區教育活動等，提升市民的健康意識及建立健康的生活模式。

We provided self-help health check up equipments for free such as BMI and basic vital sign measuring equipments like weighing machine, blood pressure monitor, pulse monitor and pulse oximeter for the convenience of people in monitoring of their basic health conditions. We also provided health check-up plans and instant health tests such as blood glucose and cholesterol, ultrasonic bone mineral density, body fat, intraocular pressure, etc for early identification of diseases. The Health Membership System was also regarded as another effective means to raise the consciousness of members towards their health conditions and early identification of potential risk of chronic diseases through health scanning and reviewing the health history of self and family. Health talks, exercise classes and community health educational programmes have also been organized to raise the health consciousness of people and to promote healthy life style.



瑜伽班。
Yoga Class.



健康舞班。
Jam Aerobic Class.



婦女健康關注月。
Health Promotion on Women's Health.



黃大仙區推廣長者健康運動 2010 - 「不倒耆英防跌講座」。
Wong Tai Sin Elderly Health Campaign 2010 - Talk on Fall Prevention.



註冊物理治療師為黃大仙區長者主講「不倒耆英防跌講座」。
Fall Prevention talk was made by Registered Physiotherapist for the elderly in Wong Tai Sin.



為匯景花園居民舉辦「健康評估日」。
Health Assessment Day was held in Sceneway Garden.



於鯉安苑舉辦健康教育活動。
Health Educational Programme was held in Lee On Court.

疾病治療：

本會於 2010/2011 年度所提供的臨床醫療服務包括西醫診所、牙科診所、長者牙科外診服務、物理治療服務、臨床心理服務、中醫全科、跌打、推拿及針灸等服務。

疾病管理：

本會的疾病管理服務，主要由註冊護士主理的“護您天地”（健康支援站）提供，透過與醫生的緊密合作，跟進長期病患者的健康進展，並增強其自我管理及家人照顧的能力。



Disease Treatment:

We provided the following Medical and Health Services as at March 2011: a medical clinic, dental clinic, mobile dental service, physiotherapy service, clinical psychological service and two Chinese medicine clinics with the provision of general consultation, manual therapy, acupuncture and massage.

Disease Management:

The Nurse Consultation Service was our major service to enhance the health management capability of chronic disease patients and their families. Our Registered Nurse in close collaboration with doctor was responsible for following up the health progress of patients with chronic diseases and empowering the caring ability of their families.

◀ 護您天地（健康支援站）。
Nurse Care Service (Health Counseling Service).

為推動基層醫療服務，本會近年積極發展中西結合的基層醫療健康服務，同時配合香港醫療服務的發展，加強公私營協作，提供可持續及現代化的優質基層醫療服務。

To actualize our mission of primary health care services, we actively advocated for the integration of Western and Chinese medicine development in community and the enhancement of public and private interface along with the latest medical development in Hong Kong, with an aim to provide a continuous and quality primary health care service.



臨床心理學家為安泰人壽保險有限公司主講「壓力管理講座」。
Stress Management talk was held by our Clinical Psychologist for ING staff.



臨床心理學家分享減壓方法。
Clinical psychologist shared the ways for relieving stress.



分組討論減壓方法。
Group Discussion on Stress Management.



註冊中醫師講解都市病保健飲食養生之道。
Registered Chinese Medicine Practitioner (RCMP) provided talk on Health Preservation with Traditional Chinese Medicine.

新計劃

New Projects

基督教家庭服務中心 - 香港中文大學中醫教研中心 (牛頭角)

Christian Family Service Centre - The Chinese University of Hong Kong Chinese Medicine Centre for Training and Research (Ngau Tau Kok)

本會十分榮幸能夠與醫院管理局及香港中文大學自 2010 年 12 月起以三方夥伴協作模式攜手營辦牛頭角中醫教研中心，為市民提供以循證醫學為本的現代化優質中醫服務。中心共設有 12 間診症室、寬敞的針灸室（可同時容納 10 位病人）、新症評估室及中藥房等。除主任醫師外，中心共有 5 位高級醫師、12 位註冊中醫師及 6 位配藥員。提供的服務包括：中醫全科、針灸及推拿、配藥及代煎等服務。

We were honoured to participate in a tripartite collaboration with Hospital Authority and The Chinese University of Hong Kong to operate the Ngau Tau Kok Chinese Medicine Centre for Training and Research in December 2010 for the provision of high-quality evidence-based Chinese medicine services for the public. The Centre has 12 consultation rooms, a spacious acupuncture room with 10 beds, a new case assessment room and a dispensary. Besides the Chief of Service, the Centre has a total of 5 Senior Chinese Medicine Practitioners, 12 Chinese Medicine Practitioners and 6 Chinese Medicine Dispensers. Services provided included general consultation, acupuncture and massage, dispensing of Chinese medicine and decoction services.



牛頭角中醫教研中心（與醫管局及香港中文大學以三方合作模式營運的中醫中心）。

Ngau Tau Kok Chinese Medicine Centre for Training & Research (A tripartite model of collaboration with Hospital Authority and CUHK).

加強公私營協作 提供醫療券及防疫注射服務

Strengthening of Public - Private Interface Participate in Health Care Voucher and Vaccination Subsidy Scheme

本會醫療健康服務所有醫護專業同工，已於 2009 年成功登記成為衛生署推出的醫療券計劃服務提供者。過去一年約有 1,000 長者人次在本會不同的醫療服務使用醫療券，包括：中醫、西醫、牙醫、物理治療服務、註冊護士護理服務等，落實為長者帶來公營醫療服務以外的選擇，並體現「錢跟病人走」的概念。

All of our healthcare professionals have joined the Health Care Voucher Scheme to serve as healthcare service providers since 2009. Around 1,000 elderly patients have used the vouchers for our medical services including Chinese medical consultation, medical treatment, dental treatment, physiotherapy service and nursing service. Through the participation in this Scheme, we offered choices other than public medical service for patients in need and try out the possibility of "Money follows patient".

駐診西醫亦積極參與由衛生署推行的各項疫苗資助計劃，包括：兒童流感疫苗資助計劃、長者流感疫苗資助計劃、甲型 H1N1 流感疫苗注射計劃、肺炎鏈球菌資助計劃等，為合資格的

Our doctor also participated actively in the Childhood Influenza Vaccination Subsidy Scheme, Elderly Influenza Vaccination Subsidy Scheme, Human Swine Influenza Vaccination Subsidy Scheme

人士免費或以優惠價提供這些政府資助服務，全年約有 1,500 人次，讓市民可在社區內有更多的選擇，與政府一同抗疫，建設健康社區。

and Pneumococcal Vaccination Subsidy Scheme launched by the Department of Health. Over 1,500 patients were served by us in these schemes in the past year. Through our participation in these subsidy schemes, more choices of service providers could be offered for those in need in the community. It also echoed our direction to work in collaboration with the government in the promotion of a healthy community.

特別活動

Special Events

專業醫社團隊提供 「護老培訓系列課程」

"Training Course for Elderly Carers" provided by Our Multidisciplinary Team

健康中心於過去一年為多間長者鄰舍中心的護老者提供「護老培訓系列課程」，由本中心專業醫社團隊提供不同主題的講座，包括：物理治療師主講的「長者與運動」及「長者日常起居照顧」；臨床心理學家主講的「長者及護老者心理健康」；註冊護士主講的「長者常見疾病及疾病管理」；職業治療師主講的「照顧老年痴呆症患者」；社工主講的「長者生理變化及護老者須知」等，以協助護老者掌握照顧長者的不同技巧及身心需要，全年共提供 47 場次講座，受惠人數超過 1,200 人次，出席率有 80% 的參加者更可獲頒發證書。

Our Health Centre collaborated with Neighborhood Elderly Centres to organize a series of "Training Course for Elderly Carers" in the last year. Our multidisciplinary team provided various health talks including "Exercise for the elderly" and "Daily caring skills for the elderly" by Physiotherapist; "Psychological need of elderly and carer" by Clinical Psychologist; "Understanding and management of common diseases of the elderly" by Registered Nurse; "Caring skill for elderly with Dementia" by Occupational Therapist; and "Physiological changes and need of the elderly" by Social Worker. The Course aimed at enhancing the knowledge of carers in caring for the elderly. A total of 47 talks had been held and over 1,200 carers participated. Participants with 80% attendance rate were also awarded with certificates.



護老者訓練課程。
Training Course for Elderly Carers.

註冊職業治療師主講「老年痴呆症」。
Talk on Dementia was made by Registered Occupational Therapist.



註冊護士主講「長者常見疾病及管理」。
Talk on Common Diseases and Disease Management for the elderly by Registered Nurse.



小組活動 - 「認識長者生理變化」。
Group Sharing on understanding the physiological changes and needs of the elderly.



註冊物理治療師講解「長者日常起居照顧」。
Talk on daily caring skills for elderly delivered by Registered Physiotherapist.

伙伴合作計劃

Partnership Projects

為聯合醫院的痛症中心 提供外展針灸服務

Collaboration with the Pain Centre of United Christian Hospital (UCH) to provide Outreach Acupuncture Service

牛頭角中醫教研中心為聯合醫院的痛症中心提供外展針灸服務，為痛症中心的門診病人以針灸治療方法紓緩因各種痛症所引起的不適，註冊中醫師更與醫院的醫療隊伍共同參與新症評估，進一步實踐中西結合的醫療服務。

Our Ngau Tau Kok Chinese Medicine Centre for Training and Research collaborated with the Pain Centre of UCH to provide outreach acupuncture service. Our Registered Chinese Medicine Practitioner joined hands with the multidisciplinary team of Pain Centre to conduct assessment for patients with pain and to relieve their pain with acupuncture. It was regarded as an important move towards further integration of Western and Chinese medicine service.



註冊中醫師於聯合醫院痛症中心為門診病人作痛症治療。
Outreach CMP Acupuncture Service for UCH Pain Centre.

參與由衛生署舉辦的 「有『營』食客」社區培訓計劃

健康中心於去年配合衛生署舉辦的「有『營』食客」社區推廣計劃，於區內招募參加者成為有營食客，透過社區教育，加強市民出外用膳時選擇健康菜式的技巧。

計劃包括「營人學堂」、「營人日誌」及「營人相聚」三個部分。透過講座及互動短劇，讓參加者認識健康飲食之道，及介紹出外用膳時選擇健康菜式的須知。參加者會填寫飲食記錄冊，記錄四星期內出外用膳時所點的有「營」菜式名稱。最後透過分享會，鼓勵參加者分享健康飲食心得。

"EatSmart Customer Community Programme" (ECCP) of Department of Health

Our Health Centre participated in the territory-wide "EatSmart Customer Community Programme" (ECCP) organized by the Department of Health last year with a view to strengthen the knowledge and techniques of the public to make healthier food choice when dining out.

The Programme comprised of three parts: EatSmart School, EatSmart Diary and EatSmarters' Gathering. In EatSmart School, through talks and interactive play, participants learned the principles of healthy eating and tips for making healthy choices when dining out. They were also required to fill out an EatSmart Diary to keep track of the EatSmart dishes they had ordered over a 4-weeks period. EatSmarters' Gatherings were then arranged for the ECCP participants to facilitate experience sharing.



營人相聚分享健康飲食心得。
EatSmarters' shared their healthy eating experiences.



參與由衛生署舉辦的「有『營』食客」社區培訓計劃。
EatSmart Customer Community Programme (ECCP) of The Department of Health.

2010-2011 服務統計 (截至 2011 年 3 月 31 日) Service Statistics (as at March 31, 2011)

服務類別	Type of Service	服務人次	Service Attendance
西醫診所	Medical Clinic	1,903	
牙科診所	Dental Clinic	4,378	
物理治療服務	Physiotherapy Service	1,286	
臨床心理服務	Clinical Psychological Service	515	
健康中心	Health Centre	22,303	
中醫診所	Chinese Medical Clinic	9,899	
牛頭角中醫中心	Ngau Tau Kok Chinese Medicine Centre for Training and Research	11,878 (由 2010 年 12 月) (From December, 2010)	