

# 醫療健康服務

## Medical & Health Services



### 服務方向

本會的醫療健康服務提倡「預防勝於治療」的概念，並致力提供高質素中西醫基層醫療健康服務，由疾病預防、疾病治療、以致疾病管理，提供一站式的服務，以迎合社區之需要及配合政府基層醫療服務的發展。

本會現時所提供的醫療服務包括西醫診所、牙科診所、長者牙科外展服務計劃、物理治療服務、營養服務、臨床心理服務、中醫內科、針灸、跌打、推拿、中草藥與藥粉配劑及代煎服務等。在健康教育推廣方面，則提供護士診所服務、戒煙服務、保健計劃、外展健康指導、防疫注射，以及講座、小組、健體運動班、展覽、社區活動等各類型健康教育活動。

### Service Orientation

Our Medical & Health Services advocating 'prevention is better than cure', is committed to provide high quality primary health care services. We provide one-stop service from disease prevention, disease treatment to disease management with an aim to meet the community's need and to respond to the government policy on development of primary health care services.

As at March 2015, we provided the following Medical and Health Services: medical clinic, dental service, Outreach Dental Care Programme for the Elderly, physiotherapy service, dietetic service, clinical psychological service, Chinese medicine consultation, acupuncture, bone-setting, massage, herbal and granule dispensary service, and decoction services. In health education and promotion, we provided nurse consultation service, smoking cessation service, health check-up plans, outreach service for health counselling and vaccination, health talks and groups, exercise classes, exhibitions and community health educational programmes, etc.



▲ 註冊物理治療師為父母們提供「親子嬰兒按摩」課程。  
Registered Physiotherapist provided 'Baby Massage' training for parents.



▲ 銅鑼灣中醫健康中心舉辦「健康人生嘉年華」，為居民提供免費健康講座及測試。  
Causeway Bay Chinese Medicine Health Centre organised 'Healthy Life Carnival' to provide free talks and health tests to the community.

### 服務摘要

#### 長者牙科外展服務計劃

2014年10月1日，本會牙科服務成功獲得衛生署的3年合約，在觀塘、黃大仙及西貢區開展「長者牙科外展服務計劃」，為安老院舍及長者日間護理中心之長者提供免費實地口腔檢查及牙科治療服務，又為中心或院舍之護理員及長者家人提供口腔健康教育活動。此外，本會亦特別製作中文、英文及印尼文的長者牙齒護理小冊子，藉此提升照顧者的口腔護理常識，增強他們照顧長者口腔健康的技巧。

### Service Highlights

#### Outreach Dental Care Programme for the Elderly

On 1<sup>st</sup> October, 2014, CFSC Dental Services Limited was successfully awarded with a 3-year contract from the Department of Health to implement the 'Outreach Dental Care Programme for the Elderly' in Kwun Tong, Wong Tai Sin and Sai Kung District. The Programme aims to provide free oral examination and further curative treatment to the service users of Residential Care Homes for the Elderly (RCHes) and Day Care Centres for the Elderly (DCCs). Oral care training will also be provided to the family members of the service users and carers in RCHes and DCCs. In addition, an Oral Health Care Handbook for the Elderly in Chinese, English and Indonesian was published with an aim to provide all carers with more knowledge and skills on oral health care for the elderly.

- ◀ 牙科服務藉著製作長者牙齒護理小冊子，教導照顧者護理長者口腔的常識。  
This Oral Health Care Handbook for the Elderly was produced to enhance the skills of carers on oral care for the elderly.





## 普通科門診公私營協作計劃

本會的醫務所由 2014 年 9 月開始參與由醫院管理局（醫管局）於觀塘區推行的普通科門診公私營協作計劃。計劃旨在幫助現時於觀塘醫管局門診診所內接受治理而病情穩定的高血壓患者。這些合資格患者經醫管局轉介下可選擇參加計劃，以相等於門診的費用（即港幣 \$45）於本會醫務所覆診。計劃提供每年 10 次的門診服務資助，包括慢性疾病和偶發性疾病的診症、相關藥物、化驗和 X 光檢查服務，而醫務所亦能透過電子病歷系統了解病人之情況。此計劃能提高基層醫療服務的便捷度，又可讓病人有更多選擇。

## 牛頭角中醫教研中心

本會自 2010 年 12 月開始營運牛頭角中醫教研中心，一直致力提供優質的中醫診療服務。為加強中西醫的協作，除委派中醫師定期到基督教聯合醫院東九龍疼痛治療中心提供外展針灸服務外，本年度更開展了中西醫講座，由基督教聯合醫院的專科醫生與本會的註冊中醫師講解「中風之中西醫防治策略」及「長期痛症之概覽與痛症的中醫預防及調護」。這些講座可讓市民了解中西醫如何治療有關疾病或症狀，而透過講座後的答問平台，亦可讓中西醫共同解答市民提出的疑問及查詢，藉此加強交流溝通。

## General Outpatient Clinic Public Private Partnership Programme (GOPC PPP)

Our Medical Clinic started joining the General Outpatient Clinic Public Private Partnership Programme at Kwun Tong District in September 2014. The Programme aims to help the clinically stable patients who have hypertension and have been attending the Hospital Authority (HA) General Outpatient Clinics (GOPC) in Kwun Tong. HA will refer the eligible patients to the Programme and the participating patients only need to pay the same fee as for HA GOPC services (HK\$45 per consultation) to receive the services provided by our Medical Clinic. They will receive up to 10 subsidised consultations, specified drugs, and relevant investigations per year covering both chronic and episodic illnesses. Our Medical Clinic could get the medical history of the patients by accessing the Electronic Patient Record System. The Programme could provide patients with enhanced access to primary health care services and more choices other than the public healthcare system.

## Ngau Tau Kok Chinese Medicine Centre for Training & Research

Since taking over the management and operation of Ngau Tau Kok Chinese Medicine Centre for Training & Research (NTKCMCTR) in December 2010, we have strived to provide high quality Chinese Medicine service for the public. With a view to promoting the collaboration of Chinese Medicine and Western Medicine, apart from sending our Registered Chinese Medicine Practitioner to provide outreach acupuncture treatment for the Kowloon East Pain Management Centre in United Christian Hospital (UCH), we have arranged Health Talks this year in which Specialists of UCH and our Chinese Medicine Practitioners jointly delivered talks on 'Chinese Medicine and Western Medicine's Strategy on Prevention of Stroke' and 'Understanding on Chronic Pain & Prevention and Treatment of Pain from Chinese Medicine Perspective'. The Health Talks aimed to raise the public's understanding on how Western Medicine and Chinese Medicine treated the diseases or symptoms concerned, as well as provide a platform for enhancing the mutual exchange and interaction of Western Medicine & Chinese Medicine in the question and answer sessions.

為增加護理人員對中醫服務的認識，牛頭角中醫教研中心與基督教聯合醫院護士學校安排了 60 多名護士學生於今年初參觀中心的各項設施，包括針灸設備、煎藥機、醫療資訊系統等，並與本會中醫師互相交流，了解中醫診症辨證論治的診症流程。

## 拓展服務範疇

本會醫療健康服務積極開展新的服務範疇，去年開始舉辦婚前輔導，透過個人及小組形式幫助愛侶在進入婚姻之前加深彼此了解，繼而發展幸福的婚姻關係。另外，營養服務在去年舉辦了多次講座及工作坊，定期發出《營養之聲》電郵，宣傳營養知識，亦開始在多間老人院舍及日間中心提供外展營養顧問服務，包括審閱及評估餐單、評估及跟進院友的健康及營養狀況，以及培訓醫護或廚房員工等。

To enhance the nursing staff's understanding on Chinese Medicine service, NTKCMCTR and the Nursing School of UCH arranged over 60 nursing students to visit the Centre early this year. The visit toured around the Centre and various facilities including the acupuncture equipment, decoction machines, Chinese Medicine Information System, etc. During the visit, the teaching staff and nursing students had an opportunity to meet our Chinese Medicine Practitioners for more understanding of the consultation process of Chinese Medicine.

## Expand our Service Area

Our Medical and Health Services have been actively developing new service area. We started pre-marital counselling last year to help couples understand each other and develop better relationship before marriage. In addition, Dietetic Service held a number of talks and workshops, and issued newsletter regularly to provide nutrition education. Our registered Dietitian also provided outreach services in elderly homes and day care centres to review their menu, provide health assessment and nutrition follow up for residents, and deliver training for health care and kitchen staff, etc.



▲ 臨床心理學家為準新人進行婚前小組輔導。  
Pre-marital Counselling Workshop for Couples by Clinical Psychologist.



▲ 註冊營養師為青年中心舉辦親子烹飪工作坊。  
'Parent-child Cooking Class' for youth centre by our registered Dietitian.



## 伙伴合作

本會醫療健康服務的專業團隊一向致力為不同公私營團體推行社區健康教育工作，推動市民關注及建立健康生活模式，期望提升市民的全人健康，建設一個健康社區。我們去年與超過 50 間公私營機構、屋苑、學校等合作舉辦健康教育推廣活動。除了外間的伙伴合作，我們亦重視與機構內部單位之協作。我們去年與人力資源部合作舉辦「生活與工作平衡周」，鼓勵員工關顧身心健康。

## Partnership Projects

Our multi-disciplinary professional team is always eager to collaborate with different organisations and corporations in organising tailor-made health educational programmes to raise the health consciousness of people and to promote healthy lifestyle. In the past year, we partnered with more than 50 public and private organisations and corporations, housing estates and schools to organise various health education activities. Other than external partnership, internal collaboration is also a vital part of our service. Last year, we cooperated with our Human Resources Department to hold the 'Work-life Balance Week' to encourage our staff to care for their physical and mental health.



▲ 在「生活與工作平衡周」舉辦「健康 KEEP FIT 挑戰日」。  
'Keep Fit Challenge Day' was held during 'Work-life Balance Week'.

▼ 健康中心為保良局轄下 11 間長者中心設計「長者義工培訓」計劃，學員正接受溝通技巧訓練。  
Health Centre provided 'Elderly Volunteer Training' to 11 elderly centres of Po Leung Kuk.

▲ 廣華醫院兒科與本會醫療健康服務及其他團體合辦「踏出我一步」體重管理活動。  
Paediatrics Department of Kwong Wah Hospital organised 'Step Up' programme together with our Medical & Health Services and other parties.



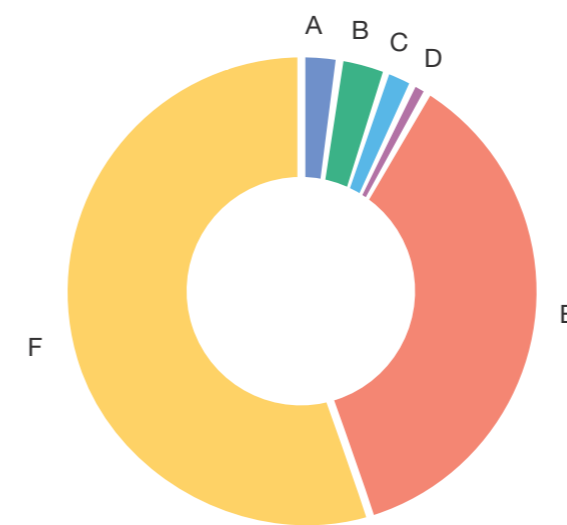
## 展望

本會日後將繼續發展中西結合的基層醫療健康服務，擴展新的服務領域，並配合香港醫療服務的發展，加強公私營協作，同時發掘更多慈善基金以資助服務的開拓及支援有需要的群體，提供可持續及現代化的優質基層醫療服務。

## Outlook

We would continue to expand our service scope in development of integrated Chinese and Western medical service in the years ahead. To develop our service along with the emerging service needs and the latest medical development in Hong Kong, we would continue to enhance our collaboration with the public sector, seek for the support of more charitable funds to subsidise our service development and to meet the health care need of the deprived groups. We aim at providing sustainable and quality primary health care services in future.

## 2014-2015 服務統計 (截至 2015 年 3 月 31 日) Service Statistics (as at 31<sup>st</sup> March, 2015)



### 總服務人次 Total Service Attendance: 146,968

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|--|-----------|
| ● A. 西醫服務<br>Medical Clinic                    | 3,040 人次  |
| ● B. 牙科服務<br>Dental Services                   | 5,024 人次  |
| ● C. 物理治療服務<br>Physiotherapy Services          | 2,711 人次  |
| ● D. 臨床心理服務<br>Clinical Psychological Services | 314 人次    |
| ● E. 健康中心<br>Health Centre                     | 52,534 人次 |
| ● F. 中醫服務<br>Chinese Medicine Services         | 83,345 人次 |