



醫療健康服務

MEDICAL &
HEALTH SERVICES



服務綜述

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。



為翠屏（北）邨長者舉辦「健康評估日」。
“Health Assessment Day” held in Tsui Ping (North) Estate.

疾病預防：

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；除保健計劃外，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數據，以預防或盡早識別長期疾病，並延緩其惡化的速度。此外，中心亦透過健康講座、健體運動班及社區教育活動等，提升市民的健康意識及推動建立健康生活模式。



由本會中醫師主講的中醫講座。
Health talk delivered by our Chinese Medicine Practitioner.

SERVICE OVERVIEW

It has always been the mission of our Medical & Health Services to develop quality primary health care service. 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.



「有營食家」社區推廣計劃嘉許典禮。
Ceremony on “Eat Smart Community Programme”.

Disease Prevention:

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 and body fat, etc for early detection 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 risks of chronic diseases through health scanning and reviewing the health history of self and family. Health talks, exercise classes and community health educational programmes were also organised to raise the health consciousness of people and to promote healthy life style.



中心舉辦伸展運動班，鼓勵社區人士培養恆常運動習慣。
Pain Management and Stretching Exercise Class helped encourage regular exercise habit.



「瑰麗人生 與妳同行」婦女健康嘉年華，為婦女提供免費健康講座及測試。
Our Medical & Health Services organised carnival of “Women Health Campaign” to raise women's awareness on their health.

醫療健康服務 MEDICAL & HEALTH SERVICES



物理治療師主講之「我是不倒翁」防跌講座。
Talk on "Fall Prevention" was held by our Physiotherapist for the elderly in Kwun Tong.



緊急醫療事故演習。
Drill on Emergency and Incident Management.



臨床心理學家為前線社福機構員工主講「正向思維講座」。
Workshop on "Positive Thinking" for NGO front-line staff delivered by our Clinical Psychologist.

為進一步提升醫療服務的質素，本會於去年獲得「何東爵士慈善基金」的資助購置醫療儀器，包括：自助量血壓機、度高磅重機及靜態心電圖檢測儀，為區內市民提供免費自助檢測及優質非化驗性檢測項目，每年受惠人次逾 6,000 人。

To further enhance the quality of our health service, we were supported by the "Sir Robert Ho Tung Charitable Fund" to purchase medical equipments including automatic blood pressure monitor, height and weight measuring machine and electrocardiography for the monitoring of basic health conditions and early identification of diseases.

「何東爵士基金」資助的醫療儀器：
Medical equipments sponsored by "Sir Robert Ho Tung Charitable Fund" :



靜態心電圖儀
Electrocardiography



度高磅重儀
Height and weight measuring machine



自助量血壓機
Automatic blood pressure monitor



疾病治療：

本會於 2011-2012 年度所提供的臨床醫療服務包括中西醫診所、牙科診所、長者牙科外診服務(院舍及日間護理中心)、物理治療服務、臨床心理服務、中醫全科、跌打、推拿、針灸及艾灸等。

疾病管理：

本會的疾病管理服務，主要透過由註冊護士主理的「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。

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。



樂健中醫中心內的針灸室。
Acupuncture room in Healthy Chinese Medical Centre.



中西醫療中心新設的大型煎藥機。
Mass Chinese herbal decoction machines were installed in the New Integrated Western & Chinese Medical Clinic.

Disease Treatment:

We provided the following Medical and Health Services as at March 2012: an Integrated Western & Chinese Medical Clinic, dental clinic, outreach dental service for the elderly, physiotherapy service, clinical psychological service and two Chinese medicine clinics with the provision of general consultation, manual therapy, acupuncture, moxibustion 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. In close collaboration with the doctor, our Registered Nurse would follow up the health progress of patients with chronic diseases and empower their caring ability.

To actualise our mission on primary health care service, 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.



社會福利署署長聶德權先生 JP (中) 及香港賽馬會慈善事務執行總監蘇彰德先生 (右) 參觀全新擴建的中醫診所。
Mr. Patrick Nip Tak-kuen, JP, Director of Social Welfare (middle) and Mr. Douglas So, Executive Director, Charities of The Hong Kong Jockey Club (right) visited the Chinese Medical Clinic.



中西醫療中心內的中藥房。
Herbal dispensary room in the Integrated Western & Chinese Medical Clinic.

新計劃

「基督教家庭服務中心牙科服務有限公司」成立

為符合牙醫註冊條例第 12 條，以及更有效監管牙科服務質素，本會於去年 8 月成立「基督教家庭服務中心牙科服務有限公司」，董事會成員包括：盧展民教授（主席）、陳肇始教授及蘇平暉牙醫。

院舍及日間護理中心長者基礎牙科外展服務先導計劃

本會去年獲食物及衛生局撥款，參與「院舍及日間護理中心長者基礎牙科外展服務先導計劃」，成立一支為期 3 年的長者牙科外展服務隊，為本會及觀塘區共 49 間安老院舍及日間護理中心的長者提供免費基礎牙科護理到診服務，包括口腔檢查、洗牙及痛症治療等，以解決長者因舟車勞頓或缺乏照顧者陪同而未能前往牙科診所的困難，讓長者獲得適當的牙科治療，改善長者的口腔衛生，從而提升其生活質素。計劃更為需要較複雜牙科治療的長者轉介到本會牙科診所作進一步治療，並協助綜援長者向社署申請治療費用。此外，有關計劃亦為長者及護老者提供免費講座及培訓，增加長者對口腔護理的知識及提升護老者照顧長者口腔健康的能力。

NEW PROJECTS

Formation of “Christian Family Service Centre Dental Services Limited”

Christian Family Service Centre Dental Services Limited was established in August 2011 in compliance with Section 12 of the Dentists Registration Ordinance and to monitor our dental services effectively. Our Board of Governors include Professor Edward Lo Chin-man (Chairman), Professor Sophia Chan Siu-chee and Dr. Alfred So Ping-fai.

Pilot Project on Outreach Primary Dental Care Services for the Elderly in Residential Care Homes (RCHes) and Day Care Centres (DCCs)

We were honoured to receive funding from the Food and Health Bureau to establish an outreach primary dental care team for the elderly for 3 years to serve 49 RCHes and DCCs in Kwun Tong as well as those operating by the Agency. This Project aims at enhancing the oral hygiene and oral health of the elderly. Free on-site primary dental care services such as oral checkup, scaling, polishing, pain relief and emergency dental treatment, etc will be provided at RCHes and DCCs in order to minimise the difficulties of the elderly in attending dental clinic. Service users in need of further curative dental treatment would be referred to our Dental Clinic for follow up. Our dentists would also assist the elderly who are receiving CSSA to apply for the reimbursement of service fees. Moreover, free oral health talks and on-site trainings would be provided for the elderly and their caregivers to enhance their knowledge of oral hygiene and strengthen the skills of caregivers in providing daily oral care for the elderly.



長者口腔護理講座。
Talk on Oral Care for the Elderly.



院舍及日間護理中心長者基礎牙科外展服務。
Outreach Primary Dental Care Services for the Elderly in Residential Care Homes and Day Care Centres.



中西醫療中心及「樂健中醫中心」的成立

隨著本會總部大樓優化工程竣工，本會的西醫診所自去年9月遷至總部大樓地下與中醫診所結合成為一所中西醫療中心，為社區人士提供一站式中西醫療服務，包括：西醫、中醫全科、中草藥及藥粉的配藥服務，以及煎藥服務。新中心採用電子化病歷系統及設有大型自動化煎藥機，使服務更有系統及完善。

此外，本會更於總部大樓地下擴充中醫服務，於本年1月成立「樂健中醫中心」，提供針灸、跌打及推拿服務，並設有獨立艾灸室，為市民提供更完備及具質素的中醫服務。

Establishment of Integrated Western & Chinese Medical Clinic and Healthy Chinese Medical Centre

With completion of renovation of our Headquarters, our Medical Clinic was moved to G/F of Headquarters to merge with our Chinese Medical Clinic for the provision of one-stop medical service such as Western medical clinic, Chinese medical clinic, herbal and granule dispensary service as well as decoction service. Electronic patient record system and automatic decoction machine were introduced to provide systematic and comprehensive services to the public.

Besides, the Healthy Chinese Medical Centre was established in January 2012 to provide a wide spectrum of Chinese medical services including acupuncture, moxibustion, bone setting and massage service. An individual room for moxibustion service was also renovated to offer a more comfortable environment for patients.



全新面貌的中西醫療中心。
New Integrated Western & Chinese Medical Clinic.



樂健中醫中心內的獨立艾灸室。
Individual moxibustion room in Healthy Chinese Medical Centre.



新成立的樂健中醫中心。
Healthy Chinese Medical Centre.

特別活動

基督教家庭服務中心 - 香港中文大學中醫教研中心 (牛頭角) 開幕典禮

牛頭角中醫中心於去年7月舉行開幕典禮，並榮幸邀請到醫院管理局主席胡定旭先生、香港中文大學署理校長華雲生教授及本會副主席李日誠牧師蒞臨主禮。典禮上，主禮嘉賓一同進行「四葉草」啟動禮，以象徵由醫院管理局、香港中文大學及本會三方合作模式營運的牛頭角中醫中心，結合服務使用者的參與將會為社區人士帶來「希望」、「信心」、「愛心」及「健康」。

SPECIAL EVENTS

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

We were honoured to have Dr. Anthony Wu Ting-yuk, Chairman of Hospital Authority, Professor Benjamin Wah Wan-sang, Acting Vice-Chancellor / President of The Chinese University of Hong Kong, and Rev. Li Yat-shing, Vice-Chairman of the Agency to officiate at the Opening Ceremony of Ngau Tau Kok Chinese Medicine Centre for Training and Research held in July 2011. After giving speeches, our officiating guests joined hands to launch the "Four-leaf Clover" ceremony to symbolise that "Hope", "Faith", "Love" and "Healthiness" would be brought to the public through this tripartite collaboration of the Hospital Authority, The Chinese University of Hong Kong and the Agency.



「牛頭角中醫中心開幕禮」- 主禮嘉賓進行「四葉草」啟動禮。
“Opening Ceremony of Ngau Tau Kok Chinese Medicine Centre for Training and Research” - Officiating guests launched the Four-leaf Clover Ceremony.



「牛頭角中醫中心開幕禮」- 一眾主禮嘉賓合照。
Officiating guests of the “Opening Ceremony of Ngau Tau Kok Chinese Medicine Centre for Training and Research”.

「觀塘·愛·無煙」針灸 / 輔導戒煙計劃

承蒙食物及衛生局的健康護理及促進基金撥款，本會的健康中心於去年 6 月開始提供為期兩年的「觀塘·愛·無煙」針灸 / 輔導戒煙計劃。本計劃透過註冊中醫師的針灸治療，減輕戒煙者的斷癮徵狀；再配合註冊護士的戒煙輔導及跟進，協助吸煙人士成功戒煙。除此以外，中心更定期舉行健康教育活動，如講座、戒煙資訊展覽、嘉年華及於觀塘區吸煙黑點設置戒煙諮詢站等，宣揚無煙社區的重要性，提高社區人士對吸煙危害健康的關注。

“Loving Kwun Tong Smoking-free” Smoking Cessation Scheme

With the support from the Health Care and Promotion Fund of Food and Health Bureau, a 2-year project “Loving Kwun Tong Smoking-free” Smoking Cessation Scheme was started in June 2011. The Scheme aims at helping smoking-quitters to reduce their nicotine withdrawal symptoms with the application of acupuncture provided by our Registered Chinese Medicine Practitioners. Individual counselling and follow-up support would be provided by our Registered Nurse in order to encourage quitters to cease smoking. Besides, community educational activities such as talks, exhibitions and road shows in the common smoking area of Kwun Tong were organised to raise public awareness of the hazards of smoking.



「觀塘·愛·無煙」針灸 / 輔導戒煙計劃 - 健康講座。
“Loving Kwun Tong Smoking-free” Smoking Cessation Scheme - Health Talk.



註冊護士為吸煙人士進行一氧化碳呼氣測試。
Smoker receiving Carbon Monoxide Test delivered by Registered Nurse.



戒煙宣傳街站。
Road Show for Smoking Cessation Scheme.



伙伴合作計劃

登記參加衛生署的《基層醫療健康指南》

為實踐基層醫療服務的理念，本會醫療健康服務積極配合衛生署新推出的《基層醫療健康指南》，轄下的西醫、牙醫及中醫已於今年成功登記成為《指南》中的服務提供者，方便市民透過網上《指南》尋找合適的基層醫療服務提供者，而其他醫護人員亦將按衛生署指引按時申請登記。

PARTNERSHIP PROJECTS

Enrolment in “Primary Care Directory” Launched by the Department of Health

To actualise our mission of primary health care service, we actively participated in the “Primary Care Directory” recently launched by the Department of Health, which is a web-based directory containing information about different disciplines of primary care providers to facilitate the public to search for their own primary care providers. The doctor, dentists and Chinese Medicine Practitioners of the Agency have already enrolled in the “Directory”. Other health care professionals would also enrol in the “Directory” according to the schedule of Department of Health.

2011-2012 服務統計 (截至2012年3月31日)

SERVICE STATISTICS (AS AT 31ST MARCH, 2012)

服務類別	Type of Service	服務人次 Service Attendance
西醫診所	Medical Clinic	2,149
牙科服務	Dental Services	5,441
物理治療服務	Physiotherapy Service	1,915
臨床心理服務	Clinical Psychological Service	406
健康中心	Health Centre	24,559
中醫服務	Chinese Medicine Services	64,268