



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社區健康教育，強調預防保健和自我健康管理，積極發展基層醫療服務，為市民提供中醫、西醫、牙科、物理治療、臨床心理服務、足部診療、營養服務、護士諮詢及癌症支援，由疾病預防、疾病治療、以致疾病管理提供一站式的服務。此外，我們透過與社區協作及配合政府基層醫療服務的發展，建設健康城市。

Medical and Health Services focus on community health promotion, self-health management, and the primary healthcare development. Our services include traditional Chinese medicine, medicine, dental care, physiotherapy, clinical psychology, podiatry, dietetic services, nurse consultations, and cancer support. We provide one-stop high-quality services ranging from disease prevention and treatment to disease management with the objective of collaborating with the community and responding to government policies on primary healthcare to build a healthy city.

西醫服務 深入社區

醫務所由 2016 年開始參與由利希慎基金資助的「日樂計劃」及「智友醫社同行計劃」，為疑似早期認知障礙症的患者提供診症、化驗、藥物治療及轉介服務，讓這些長者能及早接受訓練及治療，改善生活質素。此外，醫務所由 2018 年 1 月起參與衛生署的「戒煙服務公私營協作先導計劃」，免費為有意戒煙人士提供服務。

牙科服務新發展

近年，牙科服務的需求大增，本會自 2017 年 11 月起於土瓜灣開設新診所，由余兆麒醫療基金資助裝修、設置器材及開業營運費用，讓更多市民能享用優質的牙科治療。同年，余兆麒醫療基金更幫助觀塘牙科診所更換設施，讓治療效率提高。

此外，本會於 2017 年 10 月起成功獲得衛生署的 3.5 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中心之長者提供免費實地口腔檢查、牙科治療及健康教育，改善長者口腔健康。



▲ 土瓜灣牙科診所採用無障礙環境友善設計，以配合社區人士之需要。

Tokwawan Dental Clinic is a barrier-free clinic for all clients in need.



◀ 註冊牙醫為參與「長者牙科外展服務計劃」之長者提供口腔健康教育。

Registered dentist provides oral health education to the seniors at 'Outreach Dental Care Programme for the Elderly'.

Medical Services in the Community

Since 2016, our medical clinic has participated in the 'Project Sunrise' and 'Dementia Community Support Scheme' subsidised by the Lee Hysan Foundation. For elderly people suspected of having early dementia, we provided medical consultations, laboratory tests, prescriptions, and referrals at the earliest possible stage to allow the elderly to receive appropriate training and improve their quality of life. In addition, as an enrolling medical clinic in the 'Pilot Public-Private Partnership Programme on Smoking Cessation' since January 2018, we provide medication free of charge for smokers who intend to quit smoking.

New Development of Dental Services

Recently, the need for quality dental services has increased rapidly. In November 2017, with financial support from S.K. Yee Medical Foundation for renovation, equipment, and operational costs, our new dental clinic was established in To Kwa Wan. More people can now benefit from our high-quality dental services. Again, the Foundation provided financial support to replace our dental equipment in Kwun Tong clinic in the same year. Our dental services were further enhanced.

Moreover, our dental services were awarded a new 3.5-year contract with the Department of Health as part of the 'Outreach Dental Care Programme for the Elderly', effective from October 2017. Elderly people at residential care homes and day care centres in Kwun Tong, Wong Tai Sin, and Sai Kung districts can improve oral health by our free-of-charge onsite oral examination, dental treatment, and health education.

支援病患 改善生活

香港人口急速老化，不少長者面對疾病的困擾，尤其獨居長者更感無所適從，故由 2017 年起本會推行「全方位健康管理計劃」，與長者中心合作，由護士為有需要的長者提供全面評估、轉介及跟進，成為他們的健康教練，了解長者在身體、心理、認知等情況，協助他們管理健康，減慢退化。



▲ 透過全方位健康管理計劃，註冊護士為參加者進行健康評估及跟進。

As part of the health coach programme, our registered nurse performs health tests for elderly people.

Disease Support and Life Improvement

The Hong Kong population is ageing rapidly. Ageing and illness are difficult challenges for elderly people, particularly for those who live alone. In 2017, we collaborated with elderly centres to launch the 'Health Coach Programme'. Our registered nurse, being the health coach, provided comprehensive health assessments, follow-ups, and referrals for the physical, mental, and cognitive health needs of elderly people. The programme aimed to improve elderly people's health and slow down their deterioration.



▲ 長者參與多項免費健康測試，及早識別，建立健康生活。
Seniors receive a number of health screening tests which allow them to establish a healthy lifestyle.

健康生活 積極頤年

承蒙「滙豐香港社區夥伴計劃2017」贊助，醫療健康服務於2017年8月開展「銀齡起動3.0」，以營養、運動及快樂為主線，透過一連串的活動鼓勵長者食得營養，走得暢快，笑得開懷，從而改善他們的體格、社交及心理健康。

Healthy Lifestyle and Active Ageing

With support from the 'HSBC Hong Kong Community Partnership Programme 2017', our community health project, 'Super Senior 3.0', kicked off in August 2017. Combining three elements of a healthy life, namely nutrition, physical activity, and happiness, seniors in the community can eat healthily, have fun walking, and live happily.



◀ 滙豐香港社區節2017「銀齡起動3.0嘉年華」，透過有趣及親身體驗方式推廣積極頤年。
'Super Senior 3.0 Carnival' at the HSBC Hong Kong Community Festival 2017 promotes active ageing through interesting and experiential activities.



CoFit 健康資訊

醫療健康服務去年出版全新 newsletter《CoFit》，希望透過醫療專業團隊撰寫文章，為市民提供清晰及正確的健康資訊。第一期以「選擇快樂」為題鼓勵讀者注意身體與心理之間的關係，主動選擇快樂人生。第二期「與癌共舞」則從不同角度分享面對癌症的方法，並為病者介紹本港癌症資源。

中醫服務 不斷進步

本年度牛頭角中醫教研中心為超過11,000名病人提供中醫服務，並嘗試推出中醫養生保健計劃，結合體質分析、中醫治療、食療作息建議及運動工作坊，讓參加者改善整體健康。此外為減輕季節性流感對公營醫療服務的壓力，中心加強流感季節前的健康教育及推出措施讓有需要的流感病人盡快得到中醫治療。



▲ 中醫師帶領「中醫養生保健計劃」參加者做伸展運動。
CMPs taught 'Health Maintenance Programme' participants some stretching exercises.



◀ 全新newsletter《CoFit》提供健康資訊，加深讀者對疾病預防及管理之認識。

Our 'CoFit' newsletters provide health information to the public to increase their knowledge on disease prevention and health management.

Health-related publication 'Cofit'

Since the first issue of our 'Cofit' newsletter in 2017, our team of medical professionals has provided clear and accurate health information for the public. The first issue, 'Choosing Happiness', described the importance of the relationships between physical and mental states and methods for living happily. The second issue, 'Dancing with Cancer', focused on methods for fighting against cancers and provided resources for patients in Hong Kong.

Development of Chinese Medicine Services

This year, the Ngau Tau Kok Chinese Medicine Centre for Training and Research (Ngau Tau Kok CMCTR) provided CM consultations and treatments for more than 11,000 patients and launched a health maintenance programme, which combined health condition analysis, CM treatment, advice on diet and daily living, and workshops on exercise to improve the overall health condition of the participants. Furthermore, we increased our public education efforts before the influenza epidemic season to alleviate pressure on the public healthcare system. Measures were enforced to provide speedy services for patients suffering from seasonal influenza.



▲ 向僱員再培訓局學員介紹牛頭角中醫教研中心及提供實務培訓。
Centre staff provided briefings and practical training to ERB students.

◀ 中醫師為長者講解「濕邪引起的痛症及春季養生飲食指導」，並與長者一起做八段錦。
CMP delivered health talk and guided the elderly people to do 'Baduanjin'.

為提升中醫師的臨床水平，中心致力培訓中醫師，除安排醫師接受針灸科、皮膚科、內分泌科進深培訓外，亦積極配合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 38 名學生參與共 225 節臨床觀察學習。同時中心亦培訓所有中醫醫療人員接受基本生命支援或急救訓練，使用「自動體外心臟除顫器」培訓及緊急事故演習，加強同事應急能力。



▲ 中醫醫護人員進行「自動體外心臟除顫器」培訓及緊急事故演習。

Training and drill on the use of AEDs for CM centre staff.

為推動中醫循證醫療的發展，中心完成了首個中醫科研培訓項目「針灸治療失眠：臨床隨機研究」計劃，以科學方法研究個體針灸治療失眠之療效。經過分析參與病人之評估及臨床針灸治療數據，研究報告已於 2018 年 2 月完成，結果顯示參加者接受針刺療程後，失眠情況均有改善，這是中心邁向循證醫療發展的一步。

在中西醫協作服務上，本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，並舉辦中西醫講座，讓本中心醫師與心臟科及內分泌科專科醫生，共同向公眾講解冠心病及糖尿病疾病的常見症狀、預防及治療。

In order to improve the clinical standard of our CM practitioners (CMPs), we arranged for CMPs to receive specialised training in acupuncture, dermatology, and endocrinology. Furthermore, we provided clinical internships at the School of Chinese Medicine of The Chinese University of Hong Kong for undergraduate and postgraduate students. 38 students were involved, and 225 clinical observation sessions were held in total. Moreover, for enhancing the staff's ability in handling emergency situations, we required all CMPs to receive basic life support or first aid training. We also conducted a practical training and drill on using an automated external defibrillator.



▲ 內分泌科專科醫生及中醫師於中西醫講座解答市民關於糖尿病的提問。

A WM specialist in endocrinology, and CMPs, answered questions from participants on diabetes.

In order to promote the development of evidence-based CM, Ngau Tau Kok CMCTR has completed the first research training programme, 'Effect of Individualised Acupuncture on Insomnia: A Randomised Controlled Trial'. After analysing the data collected from patients' assessment and acupuncture treatment, the research report was completed in February 2018; it reported an improvement in insomnia in participants who received an acupuncture treatment course. This represents a step forward for evidence-based CM development.

Concerning exchange and collaboration with Western medicine (WM) practitioners, we continued to provide an outreach acupuncture service for the Kowloon East Pain Management Centre in United Christian Hospital. We also organised CM and WM health talks, in which our CMPs, in collaboration with WM specialists in cardiology and in endocrinology, jointly explained the common coronary heart disease and diabetes symptoms, prevention, and treatment.

未來發展 Outlook

本會將會繼續推動基層醫療服務，根據政府政策開展更貼近社區需要的健康計劃。另外，我們繼續支援有需要的群體及提升醫療團隊的協作，共同應對心血管、癌症及糖尿病等非傳染病。

此外，本會亦會夥拍區內不同持份者，繼續推廣社區健康教育工作，提供清晰、最新及正確的資訊以促進全人健康。另外，亦會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。

We shall continue developing primary healthcare services according to the government's policies and the community's needs. Moreover, we shall continue supporting those in need and increase collaboration between our multi-disciplinary team to fight against non-communicable diseases, including cardiovascular diseases, diabetes, and cancers.

Furthermore, through partnerships with different stakeholders in the community, we shall continue conducting health promotion, delivering clear, contemporary, and evidence-based health information for all. In addition, we shall strengthen collaboration with educational institutions as well as the public and private sectors through research and community programmes to advocate health policies that are fair and produce favourable social impacts.

2017-2018服務統計 (截至2018年3月31日)

Service Statistics (as at 31st March, 2018)

