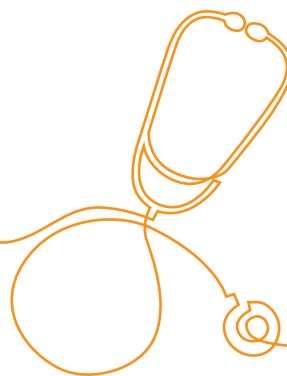


# 醫療健康服務

## Medical and Health Services



### 服務方向

### SERVICE ORIENTATION



醫療健康服務在社區提供方便、收費相宜及全面的基層醫療服務，團隊由專業的醫護人員組成，為社區人士提供疾病預防、治療及慢性疾病管理，並積極聯繫公私營機構及社區人士，攜手共同建立健康的城市。

Medical and Health Services are dedicated to providing accessible, affordable and comprehensive primary healthcare at the community level. Our team of healthcare professionals provide community services relating to disease prevention, medical treatment and chronic care, and work closely with the public and private sectors and stakeholders of the community in building a healthy city.

## 服務摘要

### SERVICE HIGHLIGHTS

#### 中醫門診為冠狀病毒康復者提供復康治療

為配合中醫藥專業參與香港齊心抗疫，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）展開「2020年中醫門診特別診療服務」，為2019冠狀病毒病康復出院病人於出院後6個月內免費提供最多10次的中醫內科門診診療服務。服務於2020年4月開始，我們已為超過50名康復者提供治療。康復者經註冊中醫師的內科診症及中藥治療，改善康復後之各種後遺症狀，例如改善肺功能及易累情況、壓力紓緩及調理身心。

#### Specialised Chinese Medicine Services to Support COVID-19 Recovery

To incorporate traditional Chinese medicine into the fight against COVID-19, Christian Family Service Centre – The Chinese University of Hong Kong Chinese Medicine Clinic cum Training and Research Centre (Kwun Tong District) is offering specialised Chinese medicine services to patients recovering from COVID-19. Within six months after their hospital discharge, eligible individuals can enjoy up to 10 times of free outpatient consultations with registered Chinese medicine practitioners and traditional Chinese medicine treatments. Since its launch in April 2020, this service has benefitted more than 50 patients, who reported improved lung function, less fatigue, lower stress levels and physical and mental restoration, among other improvements in post-COVID-19 symptoms.



1

#### 政府資助中醫門診服務

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）於地區層面為合資格的香港居民提供政府資助中醫服務，每次診症收費港幣\$120；綜合社會保障援助/高齡長者生活津貼受助人可獲豁免費用。在疫情期間，我們於2020-2021年度資助及非資助總中醫服務超過66,600人次。中醫服務將繼續增長，並惠及更廣泛的社區。



2

#### Subsidised Chinese Medicine Services

Christian Family Service Centre – The Chinese University of Hong Kong Chinese Medicine Clinic cum Training and Research Centre (Kwun Tong District) has been providing subsidised Chinese medicine 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. During the service period of 2020-2021, we recorded over 66,600 attendances to our subsidised and non-subsidised Chinese medicine services. We expect our Chinese Medicine services to keep growing in the coming years and to benefit the broader community.

1. 定期舉行「防疫資訊站」活動，為社區提供正確的健康資訊。

*A health booth is set up regularly to educate the community on proper health and infection control practices.*

2. 定期於社區推行健康教育，介紹區內健體設施及遊玩地圖。

*You can discover so many fitness facilities and recreational resources in the local community at our regular health exhibitions.*

## 改善院舍感染控制及通風設備限時性計劃

為加強院舍感染控制的措施及改善通風情況，減低病毒在院舍內散播的風險，本會獲社會福利署委派，於2020年12月22日至2021年12月21日期間，負責為九龍東（觀塘、黃大仙及西貢區）及九龍西1（深水埗區）內135間合約、私營及自負盈虧安老院和殘疾人士院舍免費提供「改善院舍感染控制及通風設備限時性計劃」，包括安排註冊護士最少4次實地檢視感染控制措施及教授員工有關防疫知識和技巧，並就院舍的實際情況提供改善建議；安排相關指定的技術工程隊伍於院舍進行實地通風情況評估及提供改善建議；協助院舍申請香港賽馬會慈善信託基金的「賽馬會院舍防疫設施資助計劃」資助購置改善通風設備等。



## 全方位癌症支援 與病友攜手同行

在疫情期間，本會繼續透過香港防癌會—賽馬會「攜手同行」癌症家庭支援計劃，免費支援不同階段的癌症病人及其照顧者。過去一年，除了派發口罩及防疫用品外，為了減少感染風險，很多活動已轉為網上形式進行，例如癌症病人可以在網上參與八段錦班，既可安在家中也能做運動。

1. 疫情期間與癌症病友攜手同行，除了繼續派發防疫物資亦提供身心支援。  
*We continued to walk hand in hand with cancer patients during the pandemic by distributing more anti-epidemic supplies and offering physical and mental support.*
2. 物理治療師透過視像進行伸展動作示範，鼓勵癌症病人在家強健體魄以紓緩肌肉痠痛。  
*Our physiotherapists demonstrated at-home stretching and pain relief exercises virtually, so that cancer patients can stay active and strong at home.*

## Time-limited Programme on Enhancing Infection Control and Ventilation of Residential Care Homes

To enhance infection control and ventilation of the residential care homes and minimise the risks of COVID-19 transmission, the Agency was appointed by the Social Welfare Department as the service operator of the "Time-limited Programme on Enhancing Infection Control and Ventilation" for Kowloon East (Kwun Tong, Wong Tai Sin and Sai Kung) and Kowloon West 1 (Sham Shui Po) between 22<sup>nd</sup> December, 2020 and 21<sup>st</sup> December, 2021. During this period, services are delivered at free of charge to 135 contracted, private and self-financing Residential Care Homes for the Elderly (RCHes) and Residential Care Homes for Persons with Disabilities (RCHDs) in the Kowloon East (Kwun Tong, Wong Tai Sin and Sai Kung) and Kowloon West 1 (Sham Shui Po). At least four on-site visits by registered nurses are arranged to assess infection control measures at the residential care homes, provide staff training on infection control and offer some advices for improvement. Other services include assigning a team of qualified technicians and engineers to conduct on-site ventilation assessments and give professional advice and assisting residential care homes in applying for subsidies from The Hong Kong Jockey Club Charities Trust's Jockey Club Facilities Enhancement Scheme for Pandemic Preparedness at Residential Care Homes, which can be used to upgrade their ventilation systems.

## "Walking Hand-in-Hand" Cancer Family Support Project

Our team at the HKACS-Jockey Club "Walking Hand-in-Hand" Cancer Family Support Project continued to support cancer patients and their carers during the pandemic. Over the past year, we distributed free surgical masks and hygiene supplies and moved many of our events online to reduce the risk of infection. With our online classes, cancer patients were able to practise traditional Chinese Baduanjin exercises with the safety and comfort of their own homes.



另外我們亦為病人安排了網上工作坊，由營養師講解癌症飲食的謬誤，並利用視像提供一對一的諮詢服務。我們在服務中亦加入藝術治療的元素，讓年青癌症患者能在網上平台上彼此支持、讓癌症家庭的小朋友能透過美術及繪本表達情感，並為逝者家人舉辦「遺物轉化」以作紀念。此外，我們亦積極關懷晚期患者及家屬，在同路人小組中分享預設醫療指示計劃及晚期身心社靈的照顧，讓患者早作預備。

Our dietitians also delivered online workshops debunking nutrition myths about cancer and offered virtual one-on-one consultations. Meanwhile, we integrated art therapy into our services for young cancer patients to encourage peer support, help the children of families struggling with cancer express themselves through visual arts and picture books and introduce “Reweaving Grief” as an approach to bereavement care. To support patients with advanced cancer and their families and help them prepare for the end of life, peer support groups were formed to share information on advanced care planning and address their physical, mental, societal and spiritual needs.



「宏利『券』顧您健康」計劃，為低收入家庭提供支援，以助他們改善健康和生計。  
The Manulife Health Voucher Programme helps low-income families improve their health and quality of life.

## 支援基層家庭 齊齊健康抗疫

本會與宏利香港合作推出「宏利『券』顧您健康」計劃，為低收入家庭提供支援，以助他們改善健康和生計。計劃將讓多達2,000位基層人士獲得免費健康檢查和諮詢服務，受助人在進行有關健康習慣、膽固醇、血壓、血糖、心臟監測、情緒健康評估和身高體重指數(BMI)的評估後，便由註冊護士或營養師根據檢查結果提供諮詢及建議，並向受助人派發由宏利贊助的醫療券，憑券可從7個醫療項目中，選擇最適合自己的項目，包括西醫門診、物理治療、身體檢查、營養諮詢、中醫內科治療、中醫針灸、牙科檢查及治療等。本計劃於2021年3月已經在觀塘展開，其後會與其他社福機構合作，將服務推展至荃葵青、港島東、深水埗及天水圍。

## Supporting Low-Income Families Throughout the COVID-19 pandemic

The Agency entered into collaboration with Manulife Hong Kong to launch “Manulife Health Voucher Programme”, which aims to improve the health and quality of life of low-income families. It is estimated that up to 2,000 beneficiaries will receive free health checks and consultation services under the scheme. Based on the results of the health checks, which assess one’s lifestyle, cholesterol levels, blood pressure, blood glucose levels, heart activity, emotional health and BMI, registered nurses or dietitians will offer advice and give out the Manulife-sponsored health vouchers to individuals. With these vouchers, they can create a tailor-made plan that best fits their health concerns by choosing from seven medical services including GP consultation, physiotherapy, body checks, nutritional consultation, traditional Chinese medicine, acupuncture and dental care. The programme was kick-started in Kwun Tong in March 2021. Through collaborating with other non-governmental organisations, the programme will be expanded to Tsuen Wan and Kwai Tsing, Eastern District, Sham Shui Po and Tin Shui Wai.

承蒙「滙豐香港社區夥伴計劃2020」資助，由跨專業團隊免費提供「一覺好眠」及「痛症管理」之網上直播健康講座。

With support from the HSBC Community Partnership Programme 2020, our multidisciplinary medical professionals delivered live online seminars on sleep improvement and pain management.



### 身心抗疫家庭健康支援計劃

由「滙豐香港社區夥伴計劃2020」資助的「身心抗疫家庭健康支援計劃」自2020年8月開始於觀塘區舉行。計劃主要為低收入家庭及長期病患者提供免費醫療健康服務，以減少疫情對其身心健康的影響。註冊營養師透過「紓壓飲食」計劃提供營養飲食治療，改善身體狀況；「正向心理」計劃由臨床心理學家為有情緒困擾的人士提供輔導教導、提升情緒及壓力管理技巧；「情志養生」計劃提供中醫診症及治療，調理身心，改善睡眠、痛症及長期病患情況，計劃至今已服務了超過1,060人次。



「紓壓飲食」計劃為低收入家庭提供營養諮詢及運動指導，分享身心健康技巧。

During a programme on nutrition and stress management, our health professionals offered nutritional advice and workout tips to low-income families.

### Healthy Together – Family Support Programme

Since the “Healthy Together – Family Support Programme” sponsored by HSBC Community Partnership Programme 2020 was launched in Kwun Tong District in August 2020, our multidisciplinary team has been working tirelessly to relieve the mental and physical strain of the pandemic by providing low-income families and people with chronic conditions with free medical and healthcare services. The scope of services includes a programme on mindful eating in which registered dietitians offer nutrition therapy to improve service users’ health, a positive psychology programme in which emotionally distressed individuals are counselled by clinical psychologists and taught skills in emotion and stress management, and a wellness programme in which individuals struggling with sleep, pain or chronic illnesses are offered Traditional Chinese Medicine consultations and treatments. As of present, the programmes have served more than 1,060 participants altogether.



## 未來發展 OUTLOOK

透過公私營機構伙伴合作，我們繼續提供預防疾病及慢性疾病管理的服務，並提供社區人士更公平的機會獲取使用適合不同年齡階層及實證為本的醫療健康服務。同時，我們將會建立有利人們健康成長的社會環境及增加社區資源，使他們可以互相支援，以達致最佳健康效果的功能。

Looking forward, we will continue to offer services in disease prevention and chronic disease management and strive for equal access to age-inclusive and evidence-based healthcare by partnering with various public and private organisations. We are also looking to build an environment that promotes health and be mutually supportive, in order to optimise the health benefits.

## 2020 - 2021 服務統計 (截至2021年3月31日) SERVICE STATISTICS (AS AT 31<sup>st</sup> MARCH, 2021)

