



基層醫療健康服務

Primary Health Care Core Services

服務方向

SERVICE ORIENTATION

基層醫療健康服務致力讓社區人士能享受長遠的健康生活，提升身心能力，以應付生命歷程的轉變；透過服務拉近健康未符理想與健康人士之間的差距，共享晚年。

Primary Health Care Core Services are committed to helping members of the community lead long and healthy lives and promoting their mental and physical resilience in the face of major life changes. By closing the health gap in communities through our services, we hope everyone, no matter frail or fit, can enjoy a healthy old age.



服務摘要

中醫為 2019 冠狀病毒病康復出院病人提供復康治療

為配合中醫藥專業參與香港齊心抗疫，觀塘區中醫診所暨教研中心繼續為新型冠狀病毒病康復者免費提供最多十次的中醫內科門診服務。服務自第五波疫情開始，本中心已每月為超過 500 名新型冠狀病毒病康復者提供服務。康復者經註冊中醫師的內科診症及中藥治療，改善康復後之各種長新冠後遺症狀，例如改善咳嗽，失眠及易累等情況，紓緩壓力，調理身心。

「中醫諮詢服務」熱線

觀塘區中醫診所暨教研中心中醫師參與醫管局於 2022 年 2 月設立的「中醫諮詢服務」熱線，為正在接受隔離的新冠肺病確診者及公眾人士提供中醫諮詢及解答中醫藥相關的查詢，與全港各醫療服務一起同心對抗疫情。

「觀塘區新冠疫苗接種日」

基層醫療健康服務於 11 月 9 日舉辦「觀塘區新冠疫苗接種日」，為長者、復康人士、照顧者及社區人士提供一站式免費新冠疫苗接種服務。當日除有醫生主講新冠疫苗健康講座，參加者亦可向醫生作個別諮詢，並可即場接種科興疫苗，或乘坐專車往社區疫苗接種中心接種復必泰疫苗，方便區內有需要人士。

SERVICE HIGHLIGHTS

Specialised Chinese Medicine Services to Improve Long COVID Symptoms in Recovering Patients

To cope with the fallout of the COVID-19 pandemic with the help of traditional Chinese medicine, the Chinese Medicine Clinic cum Training and Research Centre (Kwun Tong District) is offering free specialised Chinese medicine services, which include up to 10 outpatient consultations, to eligible patients recovering from COVID-19. Since the outbreak of the fifth wave of infections, the Centre has been serving more than 500 recovering patients suffering from long COVID symptoms each month. Patients who were consulted by our registered Chinese medicine practitioners and received traditional Chinese medicine treatments reported significant improvements in symptoms, such as reduced coughing, less severe insomnia, less fatigue, lower stress levels, and overall physical and mental recuperation.

Chinese Medicine Advice Service Hotline

In solidarity with other medical services in Hong Kong against the COVID-19 pandemic, a group of Chinese medicine practitioners from Chinese Medicine Clinic cum Training and Research Centre (Kwun Tong District) stepped up to support the Chinese Medicine Advice Service hotline launched by the Hospital Authority in February 2022. Together, they provided free tele-advice to many individuals under isolation or quarantine for COVID-19 and other members of the public who had Chinese medicine-related enquiries.

Kwun Tong District COVID-19 Vaccination Day

To encourage COVID-19 vaccine uptake among our service users, the “Kwun Tong District COVID-19 Vaccination Day” was held on 9th November, 2021. On the day of the event, one-stop COVID-19 vaccination services were available to the elderly, people with rehabilitation needs, caregivers and members of the community free of charge, along with health talks on COVID-19 vaccination and individual medical consultations offered by doctors. To make the vaccine easily accessible to those in need, participants could choose to receive the Sinovac COVID-19 vaccine available on-site or travel to a Community Vaccination Centre by our shuttle bus to receive the BioNTech vaccine.



◀ 疫情期間舉辦「觀塘區新冠疫苗接種日」，方便觀塘區內有需要人士。

During the pandemic, the “Kwun Tong District COVID-19 Vaccination Day” was held to make the vaccine easily accessible to those in need in Kwun Tong district.

加強院舍外展醫生到診服務

於第五波疫情期間，多間院舍的院友確診個案急速上升，本會的院舍外展醫生到診服務團隊於2022年3月16日至2022年6月15日內，加強到院舍的探訪治療／視像診症服務至每星期七次，以協助院舍預防及控制疫情。



- ▲「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活的。
The Manulife Health Voucher Programme empowered low-income families to improve their health and quality of life.

支援基層家庭 齊齊健康抗疫

本會繼續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活的。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，受助人在進行健康評估後，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，憑券可從七個醫療項目中，選擇最適合自己的項目。第一階段服務計劃已在觀塘、荃灣及葵青區展開，並於2021年底順利完成，總參與人數為800人。計劃隨後會繼續於港島東區、深水埗及天水圍推行。



- ▲物理治療師透過伸展動作示範，讓參加者在家保持運動以舒緩肌肉痠痛。
Our physiotherapist demonstrated stretching and pain relieving exercises techniques for participants to exercise at home.

Strengthened the Services of Visiting Medical Practitioner Service (VMPS) for RCHEs and RCHDs

As the fifth wave of infections hit the city, many residential care homes reported a spike in COVID-19 cases among residents. Between 16th March, 2022 and 15th June, 2022, our VMPS team increased the number of onsite medical consultations and/or teleconsultation service sessions offered at the Residential Care Homes for the Elderly (RCHEs) and Residential Care Homes for Persons with Disabilities (RCHDs) to seven times per week to assist in preventing and containing infections.

Supporting Low-Income Families During the Pandemic

The Agency continues to collaborate with Manulife Hong Kong to support low-income families and improve their health and quality of life through the “Manulife Health Voucher Programme”. The scheme is expected to benefit up to 2,000 low-income beneficiaries with the provision of free health screening and consultation services. Based on the results of health checks, a registered nurse or dietitian will provide individuals with personalised healthcare advice and health vouchers sponsored by Manulife. With these vouchers, they can choose their preferred medical service from seven options, each tailored to a different healthcare need. The first phase, launched in the Kwun Tong, Tsuen Wan and Kwai Tsing districts, was successfully concluded at the end of 2021, attracting 800 participants in total. The rest of the scheme will soon be rolled out across the Eastern District, Sham Shui Po and Tin Shui Wai.



- ▲承蒙「滙豐香港社區夥伴計劃2020」資助，由跨專業團隊免費為基層家庭分析健康測試結果及建議跟進計劃。
With support from the HSBC Community Partnership Programme 2020, our multidisciplinary medical professionals were explaining the result of the health screening and advised on the follow up plans for deprived families.

本會得到「滙豐香港社區夥伴計劃2020」資助，推廣「身心抗疫家庭健康支援計劃」，為他們提供免費醫療健康服務，包括註冊營養師透過「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、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、痛症及長期病患等情況，總服務人數為1,060人。

全方位癌症支援 與病友攜手同行

本會透過賽馬會「攜手同行」癌症患者支援計劃，免費支援不同階段的癌症病人及其照顧者。過去一年，我們改用網上的形式舉辦多個活動，例如癌症病人可以在網上參加由藥劑師講解化療引起的副作用及處理方法的講座；此外，由中醫師、心理學家、物理治療師、營養師及社工的跨專業團隊主講的「一覺好眠」健康講座，從穴位按摩、靜觀、拉筋、營養飲食及身心靈模式，推廣健康睡眠方法；我們在服務中亦加入音樂及藝術治療的元素，讓癌患者及家屬能在網上平台透過音樂及和諧粉彩，學習表達感受及讓同路人彼此勉勵。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。

- ▼ 藥劑師舉辦講座講解化療的副作用及應對方法。
A pharmacist discussed the side effects of chemotherapy and shared ways to manage them during a talk.



The Agency had been offering free medical and healthcare services to deprived families through the “Healthy Together-Family Support Programme”, launched with the support of HSBC Community Partnership Programme 2020. The scope of services included a “mindful eating programme” in which nutrition therapy was offered by registered dietitians to improve service users’ physical health, a “positive psychology programme” in which emotionally distressed individuals were counselled by clinical psychologists and taught skills in emotion and stress management, and an “emotional wellness programme” designed to offer traditional Chinese medicine consultations and treatments to individuals struggling with sleep, pain or chronic illnesses, in order to enhance their emotional and physical wellbeing. A total of 1,060 service users had benefitted so far.

Jockey Club Cancer Survivorship Care Project

Our team at the Jockey Club Cancer Survivorship Care Project supports cancer patients at various stages of their cancer journey and their caregivers. Last year, we moved many of our events online. These included online talk for cancer patients, where a pharmacist shared the side effects of chemotherapy and tips on how to manage them, and “Sleeping well - Insomnia prevention programme for cancer and caregivers”, a series of talks hosted by a multidisciplinary team of Chinese medicine practitioner, clinical psychologist, physiotherapist, dietitian and social worker to promote good sleep hygiene through acupuncture, mindfulness practices, stretching, healthy eating and integrative body-mind-spirit practices. Using online platforms, we also incorporated music and art therapy into our services to help cancer patients and their caregivers express their feelings and lift one another up through music and Pastel Nagomi Art. To actively care for patients with advanced cancer and their caregivers, peer support groups are available to share information on advanced healthcare directives and address patients’ physical, mental, societal and spiritual needs towards their end of life.

- ▼ 提供各項資訊支援癌症病人及其照顧者。
Provided information to support cancer patients and their carers.



「觀塘區婦女骨質疏鬆初步篩檢計劃」

為促進觀塘區介乎40至70歲婦女關注骨骼健康，本會與觀塘區議會及觀塘健康城市督導委員會再度合辦「觀塘區婦女骨質疏鬆初步篩檢計劃」。為超過650位婦女免費提供骨質疏鬆初步篩檢。

「學校健康飲食推廣 — 少鹽少糖煮食班計劃」(試驗計劃)

關注學童的飲食健康及過胖問題，本會與前食物及衛生局(現為醫務衛生局)合辦「學校健康飲食推廣—少鹽少糖煮食班計劃」。透過營養師為小學生免費教授健康飲食的煮食班，喚醒學生對少鹽少糖健康飲食的關注。計劃首與觀塘官立小學合作開展，參與的小學生反應踴躍，學習了不少健康飲食知識。



▲「觀塘區婦女骨質疏鬆初步篩檢計劃」透過提供骨質疏鬆初步篩檢服務，喚醒基層婦女對骨骼健康的關注。

The “Osteoporosis Screening Programme for Women in Kwun Tong District” offered osteoporosis screening services to low-income women to raise their awareness of bone health.

Osteoporosis Screening Programme for Women in Kwun Tong District

To raise awareness of bone health among women aged between 40 and 70 in the Kwun Tong District, the Agency partnered up with the Kwun Tong District Council and Kwun Tong Healthy City Steering Committee again to launch the “Osteoporosis Screening Programme for Women in Kwun Tong District”. Under the programme, free screening tests for osteoporosis were offered to over 650 women.

Promoting Healthy Diet in Schools – Low-Salt Low-Sugar Cooking Classes by Dietitian (Pilot Programme)

On a mission to tackle obesity and promote healthy eating in primary schools, we joined hands with the former Food and Health Bureau (the current Health Bureau) to organise a programme called “Promoting Healthy Diet in Schools - Low-Salt Low-Sugar Cooking Classes by Dietitian”. During the programme, a free healthy cooking class was given by our dietitian to teach primary school pupils the importance of maintaining a healthy diet low in sodium and sugar. The pilot programme, launched in collaboration with Kwun Tong Government Primary School, received positive feedback from the participating pupils, who gained valuable knowledge about a healthy diet.



▲營養師到校教授學童簡單的健康飲食烹調方法。

Our dietitian visited the school to teach pupils simple techniques to prepare a healthy meal.



未來發展

回應政府政策及社區需要，基層醫療健康服務將繼續推動基層醫療健康，並推出更貼近社區需要的服務及計劃。我們將會提升團隊間的跨專業合作，共同應對中年組群面對心血管疾病及癌症的風險因素。

OUTLOOK

Looking forward, Primary Health Care Core Services will continue to develop primary healthcare services and programmes that are tied in with government policies and more closely attuned to community needs. Our multidisciplinary teams will also work more closely to address the risk factors associated with cardiovascular diseases and cancers among the middle-aged population.

2021 - 2022 服務統計 (截至 2022 年 3 月 31 日)

Service Statistics (as at 31st March, 2022)



28,292

新症人次
No. of attendance of new cases



133,145

全年曾接受治療的人次
No. of service attendance in the year



386

舉行健康教育活動的次數
No. of health education programmes



6,267

參與健康教育活動的人次
No. of attendance of health education programmes



13,967

接受健康檢測及諮詢的人次
No. of attendance of health check-ups