

醫療健康服務

Medical and Health Services



服務方向 Service Orientation

為配合政府基層醫療服務的發展，醫療健康服務積極發展基層醫療服務，由疾病預防、疾病治療、以至疾病管理提供一站式的服務。本會透過與社區協作，推廣健康教育，並為市民提供中醫、西醫、院舍外展醫生到診、牙科、物理治療、臨床心理服務、足部診療、營養服務、護士諮詢及癌症家庭支援等。

In response to the government's policies on primary healthcare, our Medical and Health Services are dedicated to providing one-stop, high-quality primary health care services, ranging from disease prevention and treatment to disease management. Through collaboration with the community, we provide health education and comprehensive health services to the general public, including Chinese medicine, medical services, visiting medical practitioner services, dental care, physiotherapy, clinical psychology, podiatry, dietetic services, nurse consultations, and cancer support.

西醫服務 深入社區

接種季節性流感疫苗能預防流感及其併發症，為提升小學生的流感疫苗接種率，醫務所於2018年10月開始參與衛生署「學校外展疫苗接種先導計劃」及「優化外展接種計劃」，提供免費到校疫苗接種服務，為超過7,000名小學生注射疫苗。本年度，政府亦擴大疫苗資助計劃的合資格群組，以涵蓋50至64歲人士，醫務所為超過2,000人注射疫苗。



◀ 醫務所參與衛生署外展接種計劃，到校為小學生接種流感疫苗。
Medical Clinic participating in outreach vaccination programmes by the Department of Health, providing onsite seasonal vaccines for primary school students.



Medical Services in the Community

Seasonal influenza vaccination helps prevent the disease and its complications. In order to increase the injection rates in primary schools, since October 2018, the medical clinic has participated in the “2018/19 School Outreach Vaccination Pilot Programme” and the “Enhanced Vaccination Subsidy Scheme Outreach Vaccination”. We provided free onsite vaccination services in schools, with more than 7,000 primary school students receiving the influenza vaccine. In 2018-2019, the government also extended the vaccination subsidy coverage to 50 and above. More than 2,000 people received the vaccine through our medical clinic.

健康生活 積極頤年

承蒙「滙豐香港社區夥伴計劃」贊助，醫療健康服務於2018年延續「銀齡起動3.0」，舉辦「超級爺爺嫲嫲健康煮食訓練『營』」，透過一系列健康講座、長幼工作坊、烹飪比賽等，鼓勵長者食得健康。我們亦編制了「徒步九龍東」地圖，設計運動班及戶外活動，鼓勵長者多走多動。此外，本會臨床心理學家亦設計了多項正向心理工作坊及靜觀體驗，改善長者的社交及心理健康。



▶ 參加「超級爺爺嫲嫲煮食訓練營」活動的組員合作設計老少咸宜的有營養菜式。
Each team that participated in the “Super Seniors Healthy Cooking Camp” worked together to create a healthy family meal.

A Healthy Lifestyle and Active Ageing

With support from the “HSBC Hong Kong Community Partnership Programme”, our community health project “Super Senior 3.0” continued in 2018. Super grandparents enjoyed themselves and ate healthily during our nutritional cooking training workshop, which included nutrition talks, grandparents-kids cooking workshops and cooking competitions, etc. We also created a healthy walking map for Kowloon East and organised healthy walking classes, where Super Seniors were able to walk and stay healthy. Our clinical psychologist also designed workshops that aimed at creating positive experiences for seniors, thereby improving their social and mental health.

▼ 營養師陳國賓擔任「超級爺爺嫲嫲烹飪比賽」評判，並即時為參加者示範有營養甜品製作。
Mr. Leslie Chan, who is a registered dietitian and one of the referees for the “Super Senior Cooking Competition”, demonstrating how to make a yummy and healthy dessert.



▲ 為長者設計「徒步九龍東」健體地圖及有營養食譜，推廣健康生活。
A “Healthy Walking Kowloon East” map and healthy-living cookbook were produced for the participants.



支援病患 改善生活

癌症令人心身疲累，無論對患者或其家人都帶來不同程度的影響和轉變，實在需要更多的支援。承蒙香港賽馬會慈善信託基金資助，本會於2018年9月與香港防癌會及雅麗氏何妙齡那打素慈善基金會合作推行第二輪「『攜手同行』癌症家庭支援計劃」，全面支援不同階段的癌症病人及其照顧者，並由註冊社工、護士及受訓義工，透過癌症諮詢、面見輔導、外展探訪等各項活動等提供身心靈支援。合資格患者可免費接受陪診服務、家居清潔、中醫治療、營養服務、臨床心理服務、牙科及物理治療等，協助他們管理健康，減慢退化及提升生活質素。

Disease Support and Life Improvement

Fighting cancer is always physical and mentally exhausting. Unfortunately, the disease is not only hard on patients but carers. With support from The Hong Kong Jockey Club Charities Trust starting in September 2018, our Medical and Health Services, the Hong Kong Anti-Cancer Society, and the Alice Ho Miu Ling Nethersole Charity Foundation joined hands to implement the second phase of "Walking Hand-in-Hand Cancer Family Support Project" to provide comprehensive support to cancer patients and their carers. Registered social workers, nurses, and trained volunteers provide support via telephone consultations, interviews and home visits, etc. Eligible patients are able to enjoy free services in escorting services for medical consultations, home cleaning, Chinese medicine, dietetic services, clinical psychology, dental services, and physiotherapy. We aim to help patients better manage their health, reduce deterioration, and improve the quality of life.



▲ 不同階段的癌症病人及其照顧者，參與八段錦活動，學習管理健康，提升生活質素。
Cancer patients at various stages, as well as their carers, participating in Ba Duan Jin lessons to learn more about health management and increase their quality of life.

牛頭角中醫教研中心

牛頭角中醫教研中心為超過11,000名患者提供中醫服務，並推出體重控制計劃及婦科保健計劃，結合體質分析、中醫治療、飲食指導及運動建議，從而改善參加者的健康及提升生活質素。

在醫院管理局的資助下，中心致力培訓中醫師，安排醫師到國內接受針灸、皮膚科及內分泌科的專科培訓。此外，中心亦為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35名中醫學學生在中心接受合共299節臨床培訓。同時，中心亦培訓醫療人員接受基本生命支援或急救訓練，以加強同事緊急事故的應變能力。



在中西醫協作服務方面，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，並定期舉辦中西醫講座，由中心醫師與老人科及麻醉科專科醫生，共同向公眾講解中風及腰背痛的成因、預防及治療。

中醫師為長者講解「腰腿痛的預防保健」。
Chinese medicine practitioners delivering a health talk on the "Prevention of Lower Back Pain" for the elders.



Ngau Tau Kok Chinese Medicine Centre for Training and Research

This year, the Ngau Tau Kok Chinese Medicine Centre for Training and Research provided Chinese Medicine consultations and treatment for more than 11,000 patients. We also launched a weight management programme and a health maintenance programme in gynaecology, that combines health condition analysis, Chinese Medicine treatment, diet advice, and exercise suggestions to improve participants' health and quality of life.

With support from the Hospital Authority, we arranged Chinese Medicine practitioners to receive specialised training in acupuncture, dermatology, and endocrinology in Mainland China. Furthermore, we provided clinical internships for undergraduate and postgraduate students in the School of Chinese Medicine, The Chinese University of Hong Kong. This year, 35 students participated, and 299 clinical observation sessions were held. Our staff also participated in basic life support and first aid training in order to enhance their abilities when handling emergency situations.

◀ 中醫醫護人員進行「自動體外心臟去顫器」培訓及緊急事故演習。
Training session and a drill for the use of AED for Chinese Medicine staff.

To promote collaboration between Chinese Medicine and Western Medicine, we continued to provide an outreach acupuncture service for the Kowloon East Pain Management Centre at the United Christian Hospital. We also regularly organise Chinese Medicine and Western Medicine health talks, at which our Chinese Medicine practitioners, in collaboration with Western Medicine specialists in geriatrics and anaesthesiology, explain the causes, prevention methods, and treatment of stroke and back pain to the general public.

院舍外展醫生到診服務

為持續提升安老院舍和殘疾人士院舍的質素，社會福利署為全港所有私營及自負盈虧安老院舍和殘疾人士院舍的住客提供外展醫生到診服務，以積極應對季節性流感及其他偶發性疾病，和促進他們健康及減少依賴公共醫療系統。由本會營運的院舍外展醫生到診服務於2018年10月開始在九龍東(觀塘、黃大仙及西貢區)和九龍西1(深水埗區)區域營運。

為了解院舍及院舍住客的服務意見，我們於兩區進行了六百多份問卷調查，並和住客及其家屬作直接溝通，讓他們更了解服務內容。問卷調查成績十分令人鼓舞，當中對九龍東及九龍西1的院舍服務滿意程度高達98.3%及97%。我們期望能夠繼續保持服務質素，讓更多住客受惠。

Visiting Medical Practitioner Service for Residential Care Homes

To enhance the service quality of private and self-financing Residential Care Home for the elders (RCHes) and Residential Care Home for Persons with Disabilities (RCHDs), the new Visiting Medical Practitioner Service (VMPS) has operated to promote proactive management of seasonal influenza and other episodic illnesses for improvement of the general health of the residents and to reduce their reliance on the public healthcare system. Our new VMPS operated in October 2018 in districts of Kowloon East (Kwun Tong, Wong Tai Sin and Sai King) and Kowloon West 1 (Sham Shui Po).

To understand the needs of the residents and their families, surveys and interviews have been conducted and enhancing their understanding of the available services. We have collected more than 600 questionnaires in these clusters and the survey result was extremely encouraging, with satisfaction levels of 98.3% and 97% are reflected in Kowloon East and Kowloon West 1 clusters respectively. We continue to uphold our service quality and enhance the well-beings of the residents.



◀ 外展醫生到診院舍。
Medical consultation at a residential care home.



▲ 院舍外展醫生到診服務單張及海報。
Poster and pamphlet of Visiting Medical Practitioner Service.

本會將繼續推動基層醫療服務，提升醫療團隊的協作，並夥拍區內不同持份者推廣社區健康教育工作，針對四大行為風險因素，包括吸煙、飲酒、缺乏體能運動及不良飲食習慣設計活動，共同應對心血管、癌症及糖尿病等非傳染病以促進全人健康。

此外，面對持續上升的貧窮人口，本會亦會設計適合低收入家庭及長者的服務，讓有需要的群體及時就醫，亦會根據政府政策開展更貼近社區需要的健康計劃。另外，本會亦會加強與院校及公私營機構合作，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。

Our Medical and Health Services will continue to develop its primary health care services and increase collaboration between our multi-disciplinary medical team and the community's stakeholders, in order to promote healthier lifestyles and practices. To build a healthier city, we will target the four main areas of health risks: smoking, alcohol consumption, physical inactivity, and unhealthy diet, to organise educational health-related activities aimed at reducing cardiovascular diseases, diabetes and cancers.

With poverty levels increasing, we will continue to offer specifically-targeted services for low-income and elderly groups, so that they are able to receive early medical treatment. We will also align ourselves with government policies to develop programmes to meet the health needs of the population. Furthermore, we will strengthen our collaboration with educational institutions, as well as the public and private sectors, through research and community programmes to advocate for health policies that are fair and which create bigger social impacts.



◀ 獲食物及衛生局頒發器官捐贈推廣嘉許獎。
Receiving a certificate of "Commendation for Organ Donation Promotion" from the Food and Health Bureau.

2018-2019 服務統計 (截至2019年3月31日) Service Statistics (as at 31st March, 2019)

