



## 服務方向

本會的醫療健康服務提倡「預防勝於治療」的概念，並致力提供高質素中西醫基層醫療健康服務，由疾病預防、疾病治療、以致疾病管理，提供一站式的服務，以迎合社區之需要及配合政府基層醫療服務的發展。

## Service Orientation

Our Medical & Health Services advocating 'prevention is better than cure', is committed to provide high quality primary health care services. We provide one-stop service, from disease prevention, disease treatment to disease management, to meet the community's need and the government policy on development of primary health care services.

# 醫療健康服務

MEDICAL &  
HEALTH SERVICES

CFSC







本會的醫療健康服務積極舉行各類型健康教育活動。  
We organised a variety of community health educational programmes.

本會現時所提供的醫療服務包括西醫診所、牙科診所、長者牙科外診服務、物理治療服務、營養服務、臨床心理服務、中醫內科、針灸、跌打、推拿、配藥及代煎服務等。在健康教育推廣方面，則提供護士診所服務、戒煙服務、保健計劃、外展健康指導、防疫注射，以及講座、小組、健體運動班、展覽、社區活動等各類型健康教育活動。

We provided the following Medical & Health Services as at March 2013: medical clinic, dental clinic, outreach dental service for the elderly, physiotherapy service, dietetic service, clinical psychological service, Chinese medicine consultation, acupuncture, bone-setting, massage, herbal and granule dispensary service, and decoction services. In health education and promotion, we provided nurse consultation service, smoking cessation service, health check-up plan, outreach service for health counselling and vaccination, health talks and group, exercise classes, exhibitions and community health educational programmes.

 **74** 健康講座場次  
Sessions of Health Talks

 **5** 路展次數  
No. of Road Shows

本會過去的醫療服務單位主要集中於九龍東，為服務更多其他區的市民，本會積極向外擴展，於去年設立銅鑼灣中醫健康中心，以接觸及服務更多在香港島居住或工作的市民。

作為基層醫療健康服務的提供者，本會一向致力推動市民建立健康生活習慣，而當中對食物營養的認識及關注實為不可缺少的一環。為此，本會去年特增設營養服務，進一步加強健康生活的推廣工作，並為市民提供更全面的健康照顧。

In the past, our Medical & Health Services were focused on Kowloon East. In order to serve more people in different districts, we actively extended our services outward. Causeway Bay Chinese Medicine Health Centre was thus established in October 2012 so as to reach and serve people living or working in Hong Kong Island.

As a primary health care service provider, it has always been our mission to raise public awareness and concern about healthy lifestyle, of which about nutrition awareness and attention is indeed an indispensable part. Our dietetic service was newly introduced in last year to further enhance the promotion of healthy living, and to provide the public with a more comprehensive health care.



本會提供外展健康檢查服務。  
We provided outreach health check up.



## 服務摘要

### 成立銅鑼灣中醫健康中心

本會去年 10 月於銅鑼灣公理堂大樓 19 樓成立全新的醫療健康中心，服務內容包括中醫服務、臨床心理服務及營養服務。中心的中醫服務繼續承蒙香港中文大學中醫學院協辦，提供中醫專業意見及診治指導，確保服務水平。有關的中醫服務包括中醫全科、針灸、骨傷及推拿，並配備中藥顆粒服務。中心環境舒適，設備整全，並設有獨立房間以提高服務使用者的個人私隱度，讓服務使用者能在安靜及舒適環境中接受治療，提升服務質素。



銅鑼灣中醫健康中心提供中醫服務、臨床心理服務及營養服務。  
Causeway Bay Chinese Medicine Health Centre provided Chinese medicine services, clinical psychological services and dietetic services.

## Service Highlights

### Establishment of Causeway Bay Chinese Medicine Health Centre

Our new health centre was established at Congregation House in Causeway Bay in October 2012, which provided Chinese medicine services, clinical psychological services and dietetic services. We are grateful to have the continued support from the School of Chinese Medicine of The Chinese University of Hong Kong, to provide professional advice on Chinese medicine services to ensure our service quality. The Chinese medicine services provided in the Centre include Chinese medicine consultation, acupuncture, bone-setting, massage and granule dispensary service. To further improve our quality of service, individual treatment rooms were renovated in the Centre to offer a more comfortable environment with enhanced privacy for services users to receive treatment.



註冊營養師為社福機構主講講座。  
Health Talk on Healthy Diet delivered by registered dietitian.



長者踴躍參與健康嘉年華。  
Elderly joined the 'Healthy Elderly Carnival' actively.

### 基督教家庭服務中心牙科服務有限公司獲認可為慈善機構

本會的基督教家庭服務中心牙科服務有限公司於去年 11 月 29 日獲稅務局認可為慈善機構，並根據《稅務條例》第 88 條獲豁免繳稅。現任董事會成員包括盧展民教授（主席）、蘇平暉牙醫及邱可珍女士 MH, JP。

### Christian Family Service Centre Dental Services Limited was recognised as a charitable institution by Inland Revenue Department

Christian Family Service Centre Dental Services Limited was recognised as a charitable institution to be exempted from tax under Section 88 of the Inland Revenue Ordinance with effect from 29<sup>th</sup> November, 2012. As in March 2013, its Board of Governors included Professor Edward Lo Chin-man (Chairman), Dr. Alfred So Ping-fai and Miss Nora Yau Ho-chun, MH, JP.

## 伙伴合作

本會醫療健康服務的專業團隊一向致力為不同公私營團體推行社區健康教育工作，推動市民關注及建立健康生活模式，期望提升市民的全人健康，建設一個健康社區。本會去年與超過 40 間公私營機構、屋苑、學校等合作舉辦健康教育推廣活動。

## Partnership Projects

Our professional medical and health services team is always eager for implementing tailor-made health educational programmes for different organisations / corporations, to raise the health consciousness of people and promote healthy lifestyle. In last year, we partnered with more than 40 public and private organisations / corporations, housing estates and schools to organise various health education activities.





## 夥拍香港房屋委員會舉辦「長者活力健康嘉年華」

本會去年首度夥拍香港房屋委員會屋邨管理諮詢委員會，於12月在秀茂坪邨舉辦「長者活力健康嘉年華」，透過一系列健康講座、健康檢查、展覽及攤位遊戲，傳遞健康生活訊息，讓長者明白定期監察個人健康的重要性及建立保健的習慣。活動當天榮幸邀得觀塘區區議員麥富寧議員MH及黃春平議員，連同秀茂坪邨屋邨管理諮詢委員會各委員出席擔任典禮嘉賓，加上長者的踴躍參與，令活動生色不少。

## Partnership with the Housing Authority held 'Healthy Elderly Carnival'

Being the first time partnership with the Housing Authority Estate Management Advisory Committee, the 'Healthy Elderly Carnival' was held in Sau Mau Ping Estate in December 2012. A series of health talks, health check-up booths, exhibition and health game were conducted with an aim to raise the consciousness of elderly towards their health conditions and to help identify the potential risk of chronic diseases. We were honoured to have Mr. Mak Fu-ling, MH and Mr. Wong Chun-ping, Kwun Tong District Councillors, together with members of Sau Mau Ping Estate Management Advisory Committee to officiate the event ceremony. With active participation of the elderly, the event was made a lot more lively.



「觀塘•愛•無煙」針灸/輔導戒煙計劃—職場人士健康講座。  
'Loving Kwun Tong Smoking-free' Smoking Cessation Scheme - Health Talk in workplace.

## 與中電合作舉辦戒煙計劃

承蒙食物及衛生局「健康護理及促進基金」資助，為期兩年的「觀塘•愛•無煙」針灸/輔導戒煙計劃於2011年6月展開。過去一年，計劃得到中華電力有限公司(中電)管理層的支持，成功把針灸輔導的戒煙方式帶進工作場所，為參與的中電員工提供為期半年的戒煙療程。當中約43%的參與者成功戒煙，其他參與員工亦由每人每天吸食14支煙降至1支半，成績令人鼓舞。參考這個成功的經驗，本會希望日後能與更多工商機構合作，為工作間注入活力及健康元素。

## 'Loving Kwun Tong Smoking-free' Smoking Cessation Scheme

Thanks to 'Health Care and Promotion Fund' of the Food and Health Bureau, the 2-year project 'Loving Kwun Tong Smoking-free' Smoking Cessation Scheme was started in June 2011. Last year, with the support from the management of CLP Power Hong Kong Limited, the Scheme was introduced to its workplace. After the completion of 6 months treatment, 43% of participating smoking-quitters successfully quit smoking, and the other participating employees' average daily consumption of cigarettes also decreased from 14 to 1.5 pieces. The result was very encouraging. With this successful experience, we look for more collaboration opportunities with different organisations / corporations, in order to build workplaces with vigor and health.

## 展望

本會日後將鞏固現有多元化醫療健康服務的優勢，積極發展中西結合的基層醫療健康服務，擴展新服務領域；同時配合香港醫療服務的發展，加強公私營協作，並發掘更多慈善基金以資助服務開拓及支援有需要的群體，提供可持續及現代化的優質基層醫療服務。

## Outlook

In the coming future, we will consolidate the existing diverse medical and health services, as well as actively develop integrated Western and Chinese medicine in community and new services to meet emerging service needs. Besides, in conjunction with the latest medical development in Hong Kong, we will actively involve in public-private organisations collaboration and explore more charitable funds to support our service development and meet the health care need of the deprived groups. We aim at providing sustainable and quality primary health care services in future.



## 2012-2013 服務統計 (截至2013年3月31日) Service Statistics (as at 31<sup>st</sup> March, 2013)

