



醫療及健康服務
Medical & Health Services



本會的醫療及健康服務持守著「預防勝於治療」的信念，一向致力提升市民的健康意識，促進健康生活模式的建立，並因應市民的需要而發展各項基層健康護理服務。於2006/2007年，本會所提供的臨床醫療服務包括有西醫診所、牙科診所、長者牙科外診服務、物理治療服務、臨床心理服務、中醫全科、針灸、跌打、推拿、保健計劃、驗身服務、自助及快速健康測試、防疫注射等。除此以外，亦透過舉辦健康講座、健體運動班及社區教育活動等，為各階層及年齡的市民提供健康教育及健康推廣工作。

為進一步發展本會的基層健康護理服務，過去一年特別在人手及器材的配備上，加強對各項診所醫療服務的資源投放，包括增加醫生及助護的人手編制；添置檢測心電圖、骨質疏鬆及脂肪比例等器材；加上在專業醫療服務質素上的提升及對顧客服務的重視，各個診所的服務量都比上一年有最少約10%的增長。

除了增加資源上的投放，本會的醫療健康服務過去一年亦加強了內部的行政管理工作，全面推行病人資料及預約診症等電腦化計劃，除增加工作上的效率及效能外，更進一步朝向整合的醫療健康服務發展，讓病人可受惠於一站式及全面的關顧服務。

In accordance with the principle that prevention is better than cure, our Medical & Health Services advocate the enhancement of health consciousness and the development of healthy lifestyles. A wide spectrum of services was developed in response to community needs. As at 2006/2007, the clinical services we provided included a medical clinic, dental clinic, mobile dental service for the elderly, physiotherapy service, clinical psychological service, Chinese medicine consultation, acupuncture, manual therapy, massage, health screening, physical examination, self-help and instant health test, and vaccination, amongst others. In addition to clinical services, we organized health talks, exercise classes and community programmes for health education and health promotion.

To further our development of primary health care services, resources were allocated in the last year to strengthen our staffing and equipment. This included increasing the provision of our medical officers and assistant nurses, and the installation of an electrocardiograph, bone imaging system, and body composition scale. Together with our enhancement in the quality of professional service and an emphasis on customer service, we achieved a 10 % increase in clinical service output (approximate).

In addition to an improvement in direct service delivery, we also strengthened our internal management work over the last year. We improved the efficiency and effectiveness of our work by computerizing the booking system and the management of patients' personal data. We will strive towards more integration in the delivery of various medical services, such that our patients may benefit from our one-stop service and comprehensive care.



本服務在器材上的添置，及受資助服務如健康中心和長者牙科外診服務的得以延續，都有賴香港公益金及余兆麒醫療基金的資助。日後我們會繼續尋求外界的支持，使本會的基層健康護理服務發展得更為完備，並惠及更多有經濟困難的人士。

The enhancement of our equipment and the continuation of our subsidized services such as the Health Centre and Mobile Dental Service for the Elderly were supported by generous funding support from The Community Chest and the S.K. Yee Medical Foundation. We will continue to seek external resources to better establish our primary health care services, especially for those with financial difficulties.



- 1-2. 物理治療師主講「你Fit嗎？」講座 'Talk on Fitness' by Physiotherapist
3. 「健康舞班」上課情況 'Aerobic Dance Class'
4. 醫生為病人評估骨質疏鬆情況 Assessment of the Osteoporosis of patient by Medical Officer
5. 在健康推廣活動中為參加者進行脊柱評估 Conduction of spine assessment in a health promotion programme

服務發展

臨床心理服務

本會的醫療健康服務過去一向比較偏重身體上的健康需要。隨著社會的急速發展，市民無論在個人、家庭及工作的層面上都產生著巨大的變化，心理精神上所承受的壓力亦日益備受關注。雖然政府、醫管局及部份非政府服務機構都有提供臨床心理服務，但一般都需要輪候數月，並受著轉介機制及居住地域的限制，使有需要的人士或家庭未能及時取得所需的服務。有見及此，健康服務過去一年特別與私人執業的臨床心理學家建立伙伴合作關係，嘗試發展自負盈虧的臨床心理服務。透過服務的宣傳，市民反應熱烈。為免市民因著收費問題而未能取得所需的服務，特向香港公益金申請，獲撥款資助於2007/2008年正式開辦臨床心理服務，使有經濟困難的人士亦可以優惠價獲得臨床心理服務。

新牙科室的設置

本會的牙科診所於1998年起設立，並於2001年列入為社會福利署認可牙科診所之一，為綜援人士提供服務，一向深受市民歡迎。為舒緩市民輪候的時間，特向余兆麟醫療基金申請，獲撥款於原診所增設一間新牙科室，工程經已完成，待輻照儀器牌照申請獲批核後，即可為市民提供服務。

Major Initiatives

Clinical Psychological Service

In the past, our medical and health services placed the greatest emphasis on physiological health. However, with the rapid development of society, great changes in individual lifestyles, families, and work have occurred. Hence, there is now greater concern over the psychological and mental health of people under pressure. Although there are clinical psychological services provided by the government, the Hospital Authority, and some non-governmental organizations, there is invariably a wait of several months before such service can be received. The constraints imposed by the referral system and the service boundary also affect the acquisition of timely service by those in need. In view of this, we partnered with a Clinical Psychologist to conduct a trial of a self-financing clinical psychological service. The responses were encouraging. In order to minimize the service barrier arising from fee-charging, an appeal was made to The Community Chest, with a positive reply being received. We will thus provide the Clinical Psychological Service effective from 2007/2008, with a discounted rate offered for those in financial difficulty.

Installation of New Dental Unit

Our existing dental clinic was established in 1998, and was recognized as a designated dental clinic by the Social Welfare Department in 2001 for serving recipients of Comprehensive Social Security Allowance. In view of the popularity of our dental clinic and the long waiting time for the service, an appeal was made to the S.K. Yee Medical Foundation to furnish a new dental unit in the existing dental clinic. On receipt of funding, the renovation work was duly completed. The new dental unit will commence operation when the Radiation Board grants the licence for possession of the irradiating apparatus.

We are grateful for the funding support provided by the S.K. Yee Medical Foundation in respect of the new unit.



6. 新裝修的牙科室 New dental unit



伙伴合作計劃

創紀健步樂悠悠

延續前年的合作，本服務夥拍創紀之城服務處及衛生署，於去年10月舉行「創紀之城樂悠悠」活動，透過該活動及健康生活之講座，鼓勵上班族多做行樓梯等運動，活動成效理想。

與聯合醫院的協作

本服務過去兩年致力尋求與醫院建立更密切的公私營合作，現在我們的物理治療師已成為聯合醫院心臟復康會議的其中一名成員，保持彼此的溝通。而我們為舉辦社區心臟復康運動所製作的「強心健肺運動班參考資料手冊」，亦希望能進一步推動彼此的協作。除此以外，我們獲邀請為東九龍聯網的家庭專科培訓的醫生介紹本會所提供的社區醫療服務，期望加強彼此的溝通及認識，共同為市民提供更整全的服務。

醫生外展支援服務

除與外間團體加強溝通合作外，我們亦重視與內部其他服務單位的合作。自去年開始，我們的醫生特別為機構的綜合復康服務提供醫療照顧上的支援，為智障或患有精神病的服務使用者提供診症及身體檢查等服務；同時亦為宿舍的環境給予專業意見，並為職員提供健康教育講座，支援復康服務的同工為服務使用者提供更全面的照顧服務。

Partnership

Green Walk for a Healthy Life

As a continuation of our partnership project from the previous year, in October 2006 we took part in the 'Green Walk for a Healthy Life' programme together with the Millennium City Management Services Office and the Department of Health. The campaign and the educational talk on healthy living for working people encouraged people to partake of more exercises that are readily available, such as stair climbing. The response to the programme was very positive.

Co-operation with United Christian Hospital

We made persistent efforts in the past two years to establish a better public-private interface with the United Christian Hospital. Our physiotherapist was already involved in the Cardiac Rehabilitation Team of the Hospital as a team member to maintain regular communication. It was also expected that further co-operation between us could be achieved with the publication of the Reference Handbook on Cardiopulmonary Fitness Class for the organization of Cardiac Rehabilitation Programme in community. In addition, we were invited to share our medical & health services in the Family Medicine Structured Seminar of East Kowloon Hospital Cluster. It was hoped that more mutual understanding could be established to provide better services for the community.

Visiting Medical Practitioner Scheme

In addition to external stakeholders, other service units of the Agency are our important partners. Over the last year, we have rendered support to our Integrated Rehabilitation Services through the Visiting Medical Practitioner Scheme. We provided medical consultation and health checks for users of rehabilitation services, as well as environmental scanning and staff training for the service units, such that more comprehensive care could be offered to their service users.

總結

為建立具質素的基層健康護理服務，一個全面的健康服務組合、精簡但可確保醫療服務質素的服務流程、廣泛而具策略意義的合作伙伴，加上可特別服務有經濟困難人士的資金來源，都是重要的發展元素，我們的醫療健康服務在來年會繼續朝這些方向而努力！

Conclusion

For the development of quality primary health care services, we are in need of a comprehensive mix of medical and health services, streamlined and quality-assured clinical processes, a wide range of strategic partners, and generous funding support for those with financial difficulties. Our medical and health services will continue to strive for the development of these important aspects in the years ahead.



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7. 於「創紀健步樂悠悠」擔任分享嘉賓 Delivery of speech at 'Green Walk for a Healthy Life'
8. 與創紀之城服務處、衛生署及其他嘉賓一起見證「創紀健步樂悠悠」開幕儀式 Opening Ceremony of 'Green Walk for a Healthy Life'
9. 強心健肺運動班資料手冊 Reference Handbook on Cardiopulmonary Fitness Class
10. 為家庭專科培訓醫生介紹本會健康服務 Sharing of our health services in the Family Medicine Structured Seminar of East Kowloon Hospital Cluster

服務統計 Service Statistics

54

服務類別 Type of Service	服務人次 Service Attendance
西醫診所 Medical Clinic	4,468
牙科診所 Dental Clinic	5,148
物理治療服務 Physiotherapy Service	1,308
長者牙科外診服務 Mobile Dental Service for the Elderly	3,154
健康中心 Health Centre	16,365
中醫診所 Chinese Medical Clinic	9,105