



醫療健康服務

Medical & Health Services

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。

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、中草藥與藥粉配劑及代煎服務等。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。

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 with an aim to meet the community's need and to respond to the government policy on development of primary health care services.

As at March 2014, we provided the following Medical and Health Services: 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 plans, outreach service for health counselling and vaccination, health talks and groups, exercise classes, exhibitions and community health educational programmes, etc.

CHSC

除繼續推廣基層醫療健康服務外，本會積極鞏固現有多元化醫療健康服務的優勢，發展中西結合的跨專業服務。去年，其中一個試驗計劃，是發展中西融合的體重管理療程，由註冊營養師提供專業的飲食指導及體重分析，並由註冊中醫師提供針灸及中藥療程，以改善個人體質及訂定個人合適的健康體重管理方案。



營養師主持健康小食製作工作坊。
Snacks DIY workshop delivered by our Dietitian.

Besides advocacy on primary health care, we made effort to consolidate our advantage on providing a wide spectrum of Medical & Health Services to develop multi-disciplinary and integrated Chinese and Western medical services. Last year, we developed personalised weight management programme with the integration of professional advice from a registered Dietitian and the service of acupuncture and health preservation service from a registered Chinese Medicine Practitioner.



家長教師會痛症講座。
Pain Management Talk for Parent Teacher Association.

服務摘要

「觀塘·愛·無煙」針灸 / 輔導戒煙計劃

獲食物及衛生局「健康護理及促進基金」資助之「觀塘·愛·無煙」針灸 / 輔導戒煙計劃，由2011年6月開展至2013年結束。為期兩年的計劃成功招募了過百位參加者，在完成6個月療程後，當中有超過七成參加者經評估後進行了針灸療程、電話輔導或親身面談，其中有約20%參加者成功戒煙及超過37%參加者減少了每天吸煙支數，成績令人鼓舞。此計劃更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。參考這次成功的經驗，希望日後能與更多的工商機構合作，為工作間注入活力及健康的元素。

Service Highlights

‘Loving Kwun Tong Smoking-free’ Smoking Cessation Scheme

With the support from the ‘Health Care and Promotion Fund’ of the Food and Health Bureau, the 2-year project ‘Loving Kwun Tong Smoking-free’ Smoking Cessation Scheme started in June 2011 and ended in 2013. Within the 2-year period, a total of around 100 participants was recruited with 70% of them received acupuncture treatments and also counselling services through telephone or face-to-face interviews. After 6 months’ treatment, 20% of participants successful quitted smoking and another 37% decreased their average daily consumption of cigarettes. The result was encouraging. Besides, we were glad to have the support from the management of CLP Power Hong Kong Limited to introduce the Scheme to its workplace. With this successful experience, we would look for more collaboration opportunities with different organisations / corporations to build workplaces with vigor and health.

計劃的閉幕禮已於2013年9月14日進行。典禮當天，除發佈計劃成果小冊子及頒發證書予各成功戒煙者外，更有成功戒煙的人士分享心聲，以及透過輕鬆的處境劇向公眾人士介紹成功戒煙的秘訣。本會日後將繼續提供針灸戒煙的服務，向市民推廣健康的生活模式。



「觀塘·愛·無煙」針灸 / 輔導戒煙計劃閉幕禮—成功戒煙人士獲頒發證書。
Closing Ceremony for Smoking Cessation Scheme – smoking-quitters were presented with certificates.

參與「香港婚宴暨世界名酒博覽 2014」

本會醫療健康服務於2014年3月首度於灣仔會議展覽中心參與「香港婚宴暨世界名酒博覽 2014」，推廣婚前檢查、婚前輔導、營養與體重管理及中醫養生等服務；同場還提供免費健康諮詢、幸福小測試及脂肪測試等服務，提升參加者對自己健康狀況的認識，有助推廣疾病預防及建立健康生活模式。是次活動反應熱烈，相信能有助建立服務品牌，開拓本會健康服務發展的新領域。



本會醫療健康服務首次參與「香港婚宴暨世界名酒博覽 2014」。
Our Medical & Health Services participated in ‘Hong Kong Wedding Expo and the World Wines 2014’.

The closing ceremony of the Smoking Cessation Scheme was held on 14th September, 2013. Other than distributing the report booklets of the Scheme and presenting certificates for those successful smoking-quitters, a few successful smoking-quitters also shared their experiences during the treatment process. Furthermore, tips were shared with the public through a drama on how to tackle different situations skilfully when there were temptations. Although the Scheme was completed, we would continue to provide smoke-cessation services for the promotion of healthy living in community.



「觀塘·愛·無煙」針灸 / 輔導戒煙計劃閉幕禮—攤位活動。
Booth Activities on Closing Ceremony for Smoking Cessation Scheme.

Participated in the ‘Hong Kong Wedding Expo and the World Wines 2014’

In March 2014, our Medical & Health Services participated for the first time in the ‘Hong Kong Wedding Expo and the World Wines 2014’, which was held at Hong Kong Convention and Exhibition Centre. Pre-marital medical check-up, pre-marital counselling, nutrition and weight management, and Chinese Medicine services were promoted at the Expo. Free health counselling, psychological test and fat testing services were also provided by our professional colleagues on the spot so as to enhance the participants’ self-understanding of health condition for disease prevention and promotion of healthy lifestyle. The result was quite positive. We believed that our participation in the Expo could help to build up our brand name and to develop the scope of our health services.

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。我們去年與超過 40 間公私營機構、屋苑、學校等合作舉辦健康教育推廣活動。



於小學舉辦營養講座。
Dietetic Talk on healthy eating in primary school.

Partnership Projects

Our multi-disciplinary professional team is always eager to collaborate with different organisations / corporations in organising tailor-made health educational programmes to raise the health consciousness of people and to promote healthy lifestyle. Last year, we partnered with more than 40 public and private organisations / corporations, housing estates and schools to organise various health education activities.



與香港女童軍總會合辦「舒緩痛症與伸展運動」。
'Workshop on Pain Relief and Stretching Exercises for Elderly' co-organised with Hong Kong Girl Guides Association.

展望

本會日後將繼續發展中西結合的基層醫療健康服務，擴展新的服務領域，並配合香港醫療服務的發展，加強公私營協作，同時發掘更多慈善基金以資助服務的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。

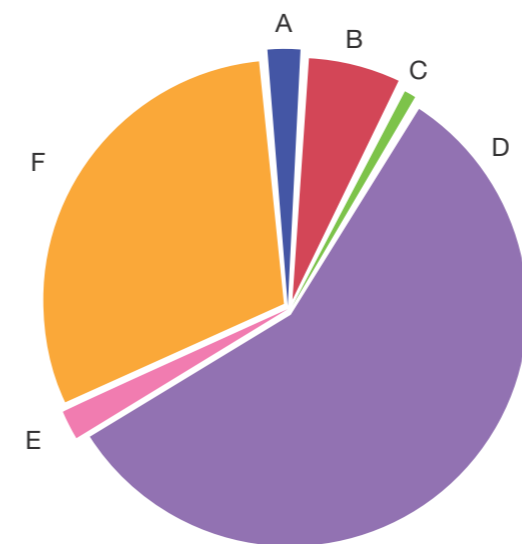
Outlook

We would continue to expand our service scope in development of integrated Chinese and Western medical services in the years ahead. To develop our service along with the emerging service needs and the latest medical development in Hong Kong, we would continue to enhance our collaboration with the public sector, seek for the support of more charitable funds to subsidise our service development and to meet the health care need of the deprived groups. We aim at providing sustainable and quality primary health care services in future.

2013-2014 服務統計 (截至 2014 年 3 月 31 日) Service Statistics (as at 31st March, 2014)

總服務人次

Total Service Attendance: 149,059



● A.	西醫服務 Medical Clinic	2,855 人次
● B.	牙科服務 Dental Services	6,208 人次
● C.	臨床心理服務 Clinical Psychological Services	438 人次
● D.	中醫服務 Chinese Medicine Services	85,265 人次
● E.	物理治療服務 Physiotherapy Services	2,347 人次
● F.	健康中心 Health Centre	51,946 人次