



醫療健康服務

Medical & Health Services

服務方向 Service Orientation

醫療健康服務提倡「預防勝於治療」的概念，並透過跨專業醫護團隊的協作致力提供高質素的基層醫療健康服務，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，建設健康城市。

Medical & Health Services advocate the motto 'Prevention is better than cure'. Through the collaboration of multi-disciplinary team of medical professionals, we are committed to provide one-stop high quality primary health care services ranging from disease prevention, treatment to disease management with an aim to meet the needs of the community, to respond to the government policies on the development of primary health care, as well as to build a healthy city.

健康

服務摘要 Service Highlights

西醫服務 深入社區

醫務所於2014年開始參與「普通科門診公私營協作計劃」，為在普通科門診覆診的高血壓病人提供診症，提高基層醫療服務的便捷度。由2016年9月開始，醫務所亦參與政府資助的「大腸癌篩查先導計劃」，為在1946至1955年出生的長者進行篩查，找出患病或有較高風險患病的人士，以便及早醫治和提高治療成效。另外，醫務所亦一直參與政府的「疫苗資助計劃」，為所有合資格人士，如65歲或以上長者、6個月至未滿12歲、孕婦及領取傷殘津貼等人士提供免費疫苗注射。此外，醫務所亦參與電子健康紀錄互通系統，方便儲存及取閱病人的病歷紀錄，以作醫護相關用途。2016年10月，本會註冊西醫亦完成了有關認知障礙症的課程，開始為區內轉介的疑似早期認知障礙症患者提供診症、化驗及轉介服務。



參與政府資助的「大腸癌篩查先導計劃」，為合資格長者進行篩查。

Colorectal cancer screening services for eligible seniors under Colorectal Cancer Screening Pilot Programme by the government.

足病診療 緩和痛症

醫療健康服務由2016年9月開展足病診療服務，由註冊足病診療師為市民提供足患評估及各類痛症治療服務，包括足部皮膚及趾甲病變如腳癬、雞眼厚皮(繭)、疣、趾甲內生、甲溝炎等；為患糖尿腳病人進行傷口治療；治療各種足部變形及痛症如扁平足、腳趾變形及腳底筋膜炎等；選配矯形鞋墊及各項治療器具以緩和足部患處的痛楚。註冊足病治療師亦致力社區健康教育工作，除進行外展服務外亦舉辦工作坊教授足部護理。



註冊足病診療師為市民提供足患評估及各類痛症治療。
Registered podiatrist conducting assessments and treatments on various kinds of skin, nails and pain conditions.

Medical Services in the Community

Since 2014, our Medical Clinic has been participating in the General Outpatient Clinic Public-Private Partnership Programme launched by the Hospital Authority with an aim to provide convenient and high quality primary medical services to general clinics patients with hypertension. In September 2016, we have become one of the listed medical clinics in the Colorectal Cancer Screening Pilot Programme supported by the Hong Kong Government to provide colorectal cancer screening services for seniors born between 1946 and 1955 so to identify people with higher risk of illness or disease in order to treat and improve treatment effectiveness. Furthermore, under the Vaccination Subsidy Scheme, we have been providing free vaccines for all eligible Hong Kong residences, including seniors aged 65 years old or above, children between 6 months and 12 years old, pregnant women, as well as persons receiving the Disability Allowance. The clinic also participates in the Electronic Health Record Sharing System to facilitate the storage and retrieval of patient records for medical and nursing purposes. In October 2016, our medical doctor has completed training on Alzheimer's disease management and started to conduct medical consultations, treatments and referral for suspected cases.



本機構已參與
「器官捐贈健康約章」
Signatory of the 'Organ
Donation Promotion
Charter' Certificate
of Appreciation

Podiatry Services and Pain relief

Medical & Health Services has started Podiatry Services in September 2016. Our registered podiatrist provides foot assessments and treatments on a wide range of conditions, such as foot skins and nails problems including ingrown and thickened nails, corns and calluses, athlete's foot and tinea pedis, warts. Our podiatrist also treats patients with sugar-urinary foot and provides prescription orthotics for various biomechanical problems, including flat feet, plantar fasciitis and bunion to ease the pain of the affected foot. As a health professional, our podiatrist focuses not only on treatments, but also on health promotion at the community. Outreach services and foot care education have been conducted in a regular basis.



與區內的長者社區中心合作舉辦中西食療工作坊，一起製作美味又保健的食物。
Seniors from community centres and our registered dietitian meeting together to cook nutritious and delicious dishes.

團隊協作 推廣健康

醫療健康服務於2016年10月獲得領展資產管理有限公司「愛·匯聚計劃」撥款進行「好醫食」長者控糖行動。計劃由註冊中醫師及註冊營養師共同協作，以互動教學愉快地教授長者均衡飲食及保健食療，亦有公眾講座及中醫義診，提高長者以至大眾對糖尿病的關注及知識。計劃前後亦有為參加者作健康測試，顯示計劃有效促進長者建立健康飲食及生活習慣，提高長者及照顧者對控制血糖及預防糖尿病的意識。此外，為提倡工作與生活平衡，我們於2016年10月舉辦了健康身心體驗日，由營養師、臨床心理學家、中醫師及運動導師設計了一系列互動體驗，包括營養共廚、靜觀訓練、減壓瑜伽、痛症伸展、中醫推拿及義診等，以鼓勵員工調劑身心及紓解壓力。



「好醫食」長者控糖行動以活動形式帶領長者遊走商店選擇健康食物及學習閱讀營養標籤技巧。
Practical grocery shopping tips and nutrition label learning at tours guided by our registered dietitian at 'Good Food' Sugar Control Action funded by Link Together Initiatives.

支援病患 改善生活

自2015年，本會醫療健康服務與香港防癌會合作推行「攜手同行」癌症家庭支援計劃，免費支援不同階段的癌症病人及其照顧者。計劃舉辦至今，已有不少癌症病人參與了我們舉辦的茶聚、專題講座、工作坊、運動班及戶外家庭活動等。

Collaboration for Health Promotion

In October 2016, we were honoured to receive support by Link Together Initiatives to conduct our community project 'Good Food' Sugar Control Action. Our registered Chinese medicine practitioner and registered dietitian collaborated together and engaged the seniors in a series of interactive and fun activities on healthy diet and high blood sugar preventions. Public lectures and free Chinese medicine consultation were also provided to raise the awareness and knowledge of the elderly and the general public about diabetes. Data retrieved from health assessments done for the seniors before and after the programme showed that the project can effectively promote the concept of healthy eating and living habits among the elderly, and enhance the awareness of the elderly and caregivers in controlling blood sugar and preventing diabetes. Moreover, to advocate work-life balance, we held a work-life balance day in October 2016. Our dietitian, clinical psychologist, registered Chinese medicine practitioner and physical instructor designed a series of interactive experiences, including cooking class, mindfulness training, stress relieving yoga, stretch trainings, Chinese massage and free Chinese medicine consultations, to encourage staff to adjust their body and mind and relieve stress.

Care, Support and Improve

Since 2015, Medical & Health Services have been working with The Hong Kong Anti-Cancer Society on the 'Walking Hand-in-Hand' Cancer Family Support Project and provided support to cancer patients and their carers at no charge. Since the program has been held, many patients have participated in our tea-gatherings, talks, workshops, exercise classes and various outdoor activities. Our registered social workers and nurse also provided free consultations and home visits. In addition, we have strengthened patient-centered cross-disciplinary medical team and collaborated with Chinese medicine practitioners, registered dietitians and clinical psychologists to provide free support to cancer



員工於工作與生活平衡日齊做痛症伸展運動紓解壓力。
Stress relieve and stretch together with our CFSC staffs at work-life balance day.

計劃亦設有社工及護士諮詢、輔導及外展探訪。此外，本會亦加強以病人為中心的跨專業醫療團隊協作，設有中醫師、營養師及臨床心理學家免費支援癌症患者及其家人，希望可以幫助他們改善生活質素。此計劃於2016年亞洲區家庭研究聯盟(CIFA)中獲得3A Project (Sustainability, Innovation & Applicability)傑出計劃獎，肯定了計劃在推廣家庭福祉的貢獻。



透過剪紙藝術，讓抗癌勇士動手製作新年飾品，共同分享及互相支持。

Sharing through paper-cut art during Chinese New Year for cancer patient to face cancer together.

中醫服務 不斷進步

本年度牛頭角中醫教研中心除了為過萬名病人提供優質及安全的中醫內科、針灸、骨傷推拿服務外，也致力培訓中醫人材、推動中醫循證醫療的發展、積極參與社區健康教育，以及推廣並繼續推行中西醫協作服務。除了派遣醫師到內地及在本港接受培訓外，中心亦積極配合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64名中醫學學生到本中心，參與共411節臨床觀察學習。

為推動中醫循證醫療的發展，中心開展了首個科研培訓項目，於去年獲得醫院管理局科研培訓計劃資助，開展為期18個月之「針灸治療失眠：臨床隨機研究」計劃，以科學方法研究針灸治療失眠之療效，同時亦透過此計劃加強中醫師進行科研的能力。有關計劃已於2016年11月獲得新界東醫院聯網臨床研究倫理聯席委員會的批准，科研團隊已於2017年初正式展開臨床研究及招募病人部分，參與計劃的病人已陸續接受評估及臨床針灸治療。預計於2017年底完成整個研究計劃及研究報告。

patients and their families in the hope of helping them to improve their quality of life. In Consortium of Institutes on Family in the Asian Region 2016, our project received a 3A Project (Sustainability, Innovation & Applicability) Out-standing Programme Award, affirmed its contribution on promoting family well-being.

Development of Chinese Medicine Services

This year, apart from providing quality and safe Chinese Medicine internal medicine, acupuncture and Tui Na / Bone setting service for over 10,000 patients, Ngau Tau Kok Chinese Medicine Centre for Training and Research (Ngau Tau Kok CMCTR) also strives to train up Chinese Medicine personnel, develop evidence-based Chinese Medicine, and promote collaboration of Chinese Medicine and Western Medicine. Besides, in training the young Chinese Medicine Practitioners(CMPs), we actively commissioned them to receive specialised training in China and Hong Kong. On top of that, we provided clinical internship for undergraduate and postgraduate students of the School of Chinese Medicine of The Chinese University of Hong Kong, involving 64 students to participate in a total of 411 clinical observation sessions.

To promote the development of evidence-based Chinese Medicine, our 18-month clinical research training programme 'Effect of Individualised Acupuncture on Insomnia: A Randomised Controlled Trial' had gained the support from the Hospital Authority last year and in the progress of studying the effect of acupuncture on Insomnia scientifically. The programme also enhances the capability of our CMP in conducting clinical research. Approved by The Joint Chinese University of Hong Kong – New Territories East Cluster Clinical Research Ethics Committee of the Hospital Authority in November 2016, the research team has commenced the recruitment and intake of patients since early 2017. Patients enrolling in the programme have been receiving assessment and acupuncture treatment. Research report will be expected to be completed by the end of 2017.

在中西醫協作服務上，牛頭角中醫教研中心除了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，本年度亦參與講授醫院管理局護理深造學院為註冊護士提供的深造課程，講解「從中醫角度改善及處理痛症」及「中醫針刺治療腰腿痛」，加強中西醫護的交流。

本中心亦積極參與社區及健康教育工作，本年度主辦了15個中醫健康講座。同時亦為各社會服務機構包括香港癌症基金會、聖雅各福群會等舉辦的講座擔任講員，推廣中醫健康知識。此外，為加強與市民的聯繫，本中心隔月推出牛頭角中醫教研中心通訊，以輕鬆及趣味的手法分享中醫知識，期望可從不同的角度加深市民對中醫養生保健的認識。



舉辦公眾講座及中醫義診，提高長者以至大眾對糖尿病的關注及知識。

Talks and free consultations on diabetes by our registered Chinese practitioner.

未來發展 Outlook

本會將會擴展牙科服務，增加關愛牙醫以迎合社區的需要。另外，我們亦會申請基金資助以改善醫療設備、支援有需要的群體及提升醫療團隊的協作，共同應對病患及擴展新的服務領域。

此外，本會亦會夥拍區內不同持份者，繼續推廣社區健康教育工作，提供清晰、最新及正確的資訊以促進全人健康。同時亦會加強與社區及公私營協作，倡導具社會效益及公平的健康政策。

In relation to the exchange and collaboration between Western and Chinese medicine practitioners, we continue to provide outreach acupuncture service for the Kowloon East Pain Management Centre in United Christian Hospital and provide training courses including 'Pain Management: Traditional Chinese Medicine' and 'Acupuncture Treatment for Low Back Pain' for the Institute of Advanced Nursing Studies of Hospital Authority this year to enhance the exchange and collaboration between Western and Chinese medicine.

We actively involved in community and health education. This year, we organised 15 health talks. Furthermore, we also served as speaker for health talks organised by other NGOs such as Hong Kong Cancer Fund and St. James' Settlement to promote Chinese Medicine health knowledge. In order to build up connection with the public, we have started publishing a bi-monthly CMC newsletter this year with a view to share Chinese Medicine knowledge in an easy and interesting manner, hoping to deepen the public's understanding in Chinese Medicine health care from different perspectives.



Medical & Health Services will expand our dental services and increase Community Care Fund Elderly Dentists to cater to the needs of the community. In responding to the growing needs of health care services, we will apply for fund support to improve medical equipment, support groups in need, enhance the collaboration of medical teams to response to patients and expand new service areas.

Furthermore, via partnerships with different stakeholders in the community, we will continue to promote health education in the community and provide clear, up-to-date and correct information to promote whole-person health. In addition, we will strengthen collaboration with the community and public and private sectors to promote social and equitable health policies.

2016-2017服務統計 (截至2017年3月31日)

Service Statistics (as at 31st March, 2017)

新症人次
No. of attendance of new cases



9,409

102,196



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

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



9,945

105



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

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



2,335