



# 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，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 advocates the motto 'Prevention is better than cure'. Through the collaboration of our 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, respond to the government policy on the development of primary health care, and build a healthy city.

### 服務摘要

#### Service Highlights

##### 外展服務 深入社區

本會醫務所於 2015 年 6 月起聘請全職西醫駐診，並開展各類外展院舍服務，包括為養真苑、迪智展能中心暨宿舍及翠林宿舍之服務使用者提供診症、疫苗注射、環境巡查及定期身體檢查等。在牙科服務方面，本會自 2014 年 10 月起獲衛生署資助於觀塘、黃大仙及西貢區開展「長者牙科外展服務計劃」，並已經為超過 2,500 位長者提供免費實地口腔檢查及治療服務，又為中心及院舍長者及職員提供口腔健康教育活動。在營養服務方面，我們亦為多間院舍及日間中心提供外展營養顧問服務，審核及製作餐單、評估及跟進院友健康及營養狀況，並特別提供三高、糖尿病、腎病及癌症等長期病患營養諮詢服務。

##### 物理治療 擴展服務

本會自 2000 年開始營運物理治療服務，為病人提供評估及各類痛症治療，亦提供衝擊波治療、足部評估、訂做鞋墊及體能評估等。2015 年，本服務有幸獲得余兆麒醫療基金資助添置物理治療床位、新器材及加建運動角，病人輪候時間因而縮短，服務質素亦得以提升。新加建的運動角能讓病人針對不同患處練習，加強療效。此外，註冊物理治療師亦致力於社區健康教育工作，經常舉辦防跌技巧、緩痛方法及伸展運動技巧等專題講座。

##### Outreach Services to the Community

Our Medical Clinic has hired a full-time medical practitioner to provide full day medical services since June 2015. Our services have since been outreached to various service centres, including Yang Chen House, Dick Chi Day Activity Centre cum Hostel, and Tsui Lam Half-way House, with our visiting medical officer (VMO) providing medical consultations, vaccination, environmental hygiene audits and body check-ups to service users in these centres. Regarding dental services, our outreach teams have been working the 'Outreach Dental Care Programme for the Elderly' funded by the Department of Health since October 2014. More than 2,500 elderlies have received our free on-site oral examinations and treatment at their residential homes and day care centres in Kwun Tong, Wong Tai Sin and Sai Kung District. Oral health education was also provided for the elderlies and the carers at the centres. Regarding dietetic services, our outreach team provided dietetic consultations for elderly residential homes and day care centres, with nutrition menus designed and evaluated, and the health and nutritional status of service users evaluated and followed up. Special dietetic services were also designed for patients with chronic illness including hypertension, diabetes, kidney disease and cancer.

##### Physiotherapy Services and the Expansion

Started in year 2000, our Physiotherapy Service not only provide physiotherapy assessments and treatment of pain for people in need, but also provide extracorporeal shock wave therapy, feet assessment, physical fitness assessment, as well as custom orthotic prescription. In 2015, we were honoured to receive a fund by S.K. Yee Medical Foundation for our expansion project, where a physiotherapy bed and new exercise corner installed, and new equipment purchased. The waiting time for an appointment was thus shortened, and our service quality enhanced. New exercise corner also enabled patients to target different areas for improvement and practice, strengthening the efficacy of the treatment. Targeted at community health education, our physiotherapist also provides talks on fall prevention, pain management as well as stretching exercise skills in community education programmes.



◀ 為長者提供免費口腔檢查及治療服務。  
Free on-site oral examinations and treatments for the elderlies.

## 團隊協作 推廣健康

本會健康中心定期舉辦健體運動班、戒煙服務、保健計劃、防疫注射，以及講座、小組、展覽與社區活動等。去年，我們與超過 50 間公私營機構、屋苑、學校等合作舉辦健康教育活動，而醫療團隊亦在各活動中互相合作，發揮所長，如健康中心為各社福機構提供「陪老有你」義工培訓工作坊，由物理治療師教授長者運動及扶抱技巧、臨床心理學家教授長者心理健康及情緒管理、護士指導長者日常起居照顧技巧、營養師教授營養及健康飲食，以及職業治療師負責認知障礙症患者專題講座，讓參加者從不同角度了解長者需要，加強照顧弱者的技巧。此外，健康中心亦與內部單位有不少合作，例如為綠在沙田、盈力僱員服務顧問、地區發展隊、幼稚園、長者中心、悅齡耆、和悅軒——精神健康綜合社區中心及伙伴及資源拓展部舉辦多場講座，推動市民關注及建立健康生活模式。

- ▼ 健康中心定期與各團體合作舉辦社區教育活動。  
Health Centre works in collaboration and organises different community education programmes.

## Collaboration for Health Promotion

Our Health Centre organises physical fitness classes, smoking cessation programmes, provides body check-ups, vaccinations, as well as talks, workshops, exhibitions, and community health activities on a regular basis. Last year, we delivered health education activities at more than 50 companies, estates and schools, where our team of medical and health professions worked in collaboration and used of their strengths. On one hand, Health Centre provided a training programme for volunteers at different social welfare organisations that enabled the participants to strengthen the skills to take care of the elderly. Our multi-disciplinary professional team have taught the volunteers different skills on the daily care for elderly: physiotherapist taught physical exercises and proper skills of 'Lifting and Transfer' of the elderly; clinical psychologist taught mental health and emotional management; registered nurses taught daily elderly care skills; dietitian taught nutrition and healthy diet; and occupational therapist talk about dementia. On the other hand, our team collaborated with different internal services units, such as Sha Tin Community Green Station, Vital Employee Service Consultancy, kindergartens, Prime Link, Wellness Zone – Integrated Community Centre for Mental Wellness and Partnership & Resources Development Department, to provide a variety of community health seminars to promote public awareness and healthy lifestyle.

- ▼ 營養師與長者分享健康飲食祕訣。  
Dietitian shared healthy eating tips with elderly.



- ▶ 新建的暢談室讓病人感覺更舒適。  
Our new counselling room provides a cozy environment for interview.



為加強中西醫之交流及協作，牛頭角中醫教研中心除了繼續於聯合醫院東九龍痛症中心提供外展針灸服務，也探討與聯合醫院提供住院病人針灸服務的可行性。此外，我們於 2015 年 6 月替香港老年學會「安老院舍護理優質照顧研討會 2015」為安老院舍管理人員及護理人員講解「從中醫角度改善及治療長者痛症」的專題，並舉辦中西醫講座，聯同老人科專科醫生探討中西醫如何治療認知障礙症，讓中醫及老人科專科醫生同台交流。

牛頭角中醫教研中心除了培訓年青中醫師外，亦為香港中文大學中醫學院培訓中醫學士及碩士學生，本年度共有 33 名中醫學生到牛頭角中醫教研中心接受合共 125 節臨床培訓，同時，我們亦積極配合本地大專院校培訓中藥配藥人才。為參與中醫循證醫療的發展，我們嘗試開展科研項目，於本年度獲得醫院管理局科研培訓計劃的資助，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。

牛頭角中醫教研中心積極參與社區，為響應政府推動之「欣賞香港」運動，於本年 1 月為 65 歲以上長者提供兩週的免費中醫義診服務。此外，為支持香港吸煙與健康委員會之工作，為「清新女人魅」女性戒煙推廣計劃之中醫保健班的參與者，講解中醫養生及戒煙方法，並替聯合醫院癌症病人資源中心，講解癌症病人之中醫食療調理。我們亦定期舉辦社區中醫講座，向區內市民講解中醫養生治病的知識，本年度講座內容包括糖尿病、婦科經痛、腰膝病、肺臟病、夏季及秋冬之中醫養生等，並替市民進行義診或健康諮詢。



In order to facilitate and enhance exchange and collaboration between Chinese and Western medicine practitioners, Ngau Tau Kok Chinese Medicine Centre for Training and Research (Ngau Tau Kok CMCTR) has explored the feasibility to provide inpatient acupuncture service in United Christian Hospital, in addition to the existing outreach acupuncture service of the East Kowloon Pain Management Centre in United Christian Hospital. In June 2015, we delivered a talk on 'Improvement and treatment of Pain for the elderly from the Chinese Medicine perspective', in the 'Seminar on Quality Care for Residential Care Home 2015' for the Hong Kong Association of Gerontology. We have also organised a Chinese & Western Medicine health talk on the treatment of Dementia, creating a platform for Chinese Medicine Practitioner and Geriatrics specialist to exchange and share experiences.

Other than training up young Chinese Medicine Practitioners, Ngau Tau Kok CMCTR provided clinical internship for undergraduate and postgraduate students of the School of Chinese Medicine, The Chinese University of Hong Kong. This year, 33 students have received a total of 125 clinical training sessions in Ngau Tau Kok CMCTR. Meanwhile, we have actively collaborated with other institutes in the training of Chinese Medicine Dispensers. In order to participate in the development of evidence-based Chinese Medicine, we attempted to embark a clinical research. Funded and supported by the Hospital Authority, an 18-month clinical research programme named 'Effect of Acupuncture on Insomnia: A Randomised Controlled Trial' was commenced this year to study the effect of acupuncture on Insomnia scientifically.

Ngau Tau Kok CMCTR is actively involved in the community. In response to the government's campaign 'Appreciate Hong Kong', we provided free Chinese Medicine consultation for elderly aged over 65 for 2 weeks in January 2016. Moreover, to support the work of the Hong Kong Council on Smoking and Health, we delivered a health talk for the 'Women Smoking Cessation Promotion Programme' in which health care concepts and treatment on quit-smoking of the traditional Chinese Medicine were explained to the participants. A health talk on Chinese Medicine therapeutic diet was also organised for cancer patients of the Cancer Patient Resource Centre in United Christian Hospital. Chinese Medicine health talks with free consultation and counselling service were organised regularly in the community, with topics on Diabetics, Gynecology, Back and Knee Pain, Respiratory diseases, Chinese Medicine Health Care in Summer, Autumn and Winter this year.

- ◀ 中醫師為聯合醫院癌症病人資源中心病友講解中醫食療調理。  
Chinese Medicine Practitioner gave a speech on Chinese Medicine therapeutic diet for the cancer patients of the Cancer Patient Resource Centre in United Christian Hospital.

## 展望 Outlook

本會將繼續提升醫療團隊的協作，共同應對病患及擴展新的服務領域。牛頭角中醫教研中心會繼續提供優質的中醫服務，並在診療、中西醫協作、培訓與科研及社區工作上作出平衡發展。此外，本會亦計劃增加社區健康教育工作，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。

Our team of medical and health professionals will work together continuously to provide high quality medical services to service users and explore new service areas. Ngau Tau Kok Chinese Medicine Centre for Training and Research will continue to provide high quality Chinese Medicine service, as well as facilitate a balanced development in Chinese Medicine consultation, Chinese Medicine & Western Medicine collaboration, training and research, and community works. Furthermore, we will enhance our work on community health education to provide clear, up-to-date and evidence-based health information to the community at large, while also strengthen our collaboration with the community, NGOs and government to advocate health policy that is beneficial to society.

▼ 健康中心定期走訪各區宣傳健康資訊。  
Health Centre provides regular health related seminars to the public.



## 2015-2016 服務統計 (截至 2016 年 3 月 31 日) Service Statistics (as at 31<sup>st</sup> March, 2016)

8,115

新症人次  
No. of attendance  
of new cases



92,872

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



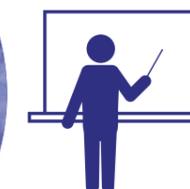
8,648

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



104

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



2,347

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

