Report of the Chairman and Committees

I have much pleasure in presenting to you the Foundation’s Annual Report for the year 1 April, 2008 – 31 March, 2009.

Through the concerted efforts of all the Executive Committee Members, who came from different background and professions, the Foundation continued its main work in supporting and improving the quality of life of people who suffered from arthritis and rheumatism; in making the general public better understand and become aware of the various rheumatic diseases so that they could seek early treatment and avoid complications and chronic or permanent disability; and in updating medical and para-medical professionals of new developments in the care and treatment of these diseases.

The World Health Organization estimates that in the next two decades, one in four persons will suffer from some kind of arthritis and rheumatic diseases. Patients with rheumatism will normally suffer pains in joints, bones and muscles, while those with arthritis will find inflammation in their joints. These diseases not only affect the adult population, but children as well. As people now generally live longer more elderly persons will suffer from bone and joint ailments. It is therefore important to train people, particularly if they are rheumatic patients, how to take care of their bones and joints and to manage and improve their condition through exercises, treatment, change of lifestyle and self management, so that they can continue to lead a full and active life. It is also necessary to encourage more research into better understanding of these diseases and improving their treatment and helping patients in their rehabilitation. Whilst pharmaceutical companies have developed new drugs for the treatment of some of these diseases, many of them are still very expensive and not all patients can afford to use them. Helping patients in need to be able to acquire suitable drugs necessary to treat their diseases, either through the public health care system or through some form of assistance or subsidy schemes, is becoming a major challenge.

Supporting and Improving the Quality of Life of Patients

Patients with arthritis and rheumatism, general members of the public, and medical and para-medical professionals are the three main targets of the Foundation’s work, and supporting and improving the quality of life of patients still remain in the top of the work priorities. We at the Foundation continued to do this by improving existing patient support programmes and initiating new activities to help those in need.
The Foundation operated a Patients Support Fund to assist financially needy patients to purchase medications, including non-government subsidized medicine, dispensed by physicians. 72 applications were approved during the year and a total of HK$100,245.50 was allocated to help 28 patients.

Pharmaceutical companies had also been extremely helpful in partnering with the Foundation in various programmes, including sponsoring some of our fund-raising events. We also successfully negotiated with these companies to provide expensive biological drugs to needy patients referred by us at much reduced prices, so that patients could afford to use the medications while the Foundation did not have to provide any direct financial subsidies. 26 such applications were approved during the year.

We also offered some financial sponsorship to our affiliated Patients Self-Help Groups – HK Rheumatoid Arthritis Association, HK Lupus Association, HK Ankylosing Spondylitis Association, B27 Association, and HK Psoriatic Arthritis Association – to subsidize them to organize social activities for their members. A modest HK$13,500 was allocated for this purpose.

The hydrotherapy programme the Foundation introduced in March 2008 to induce patients to the benefits of hydrotherapy and exercises in water through supporting them to attend specially conducted classes in the evening in the hydrotherapy pool of the Queen Elizabeth Hospital (QEH), under the supervision and guidance of physiotherapists, was highly popular amongst patients. This trial rehabilitation programme proved to be very successful in helping the patients relax their muscles and joints. The Foundation decided to continue to support this programme and negotiated with the QEH to increase the number of classes to 6 per week, and additionally obtained the use of the hydrotherapy pool in the Pamela Youde Nethersole Eastern Hospital (PYNEH) to run 2 classes per week for patients living in the HK Island. Priority to attend these new classes was given to patients who had not experienced the benefits of hydrotherapy treatment before. This was considered not only an extremely cost effective programme, enabling patients to make use of idling facilities in the public hospitals at affordable costs and improving the health of these patients so that their need to be re-hospitalised would be reduced; also it helped trained more patients as volunteers co-ordinating the classes, and at the same time provided opportunities for the patients to socialize and live a normal quality life. Over 250 patients benefitted from the programme during the year and the Foundation will look into the continued need of the programme and whether to extend the programme to benefit more patients living in the New Territories in the coming year.

The first phase of training patient volunteers in the skill of psychological and peer counseling started during the year. The ultimate idea of the programme was to enable these volunteers who had experience of living with arthritis to provide confidential emotional and practical support to arthritis patients in distress. The training was conducted by the Department of Psychology of the University of Hong Kong. 16 patient volunteers attended a total of six tailor-made training sessions in a four month period. Suitable ‘peer counselors’ would be identified for further training and when all necessary training was completed it is intended to set up a ‘Helpline for Arthritis’ so that people who called to seek help could speak to someone who ‘understands’. Should the need arise to refer those who called to professional help, the Foundation would pre-arrange with selected private psychologists who supported our work to provide consultations at pre-agreed concessionary fees.
Educating the General Public about Arthritis and Rheumatic Diseases

There are over 200 types of arthritis which can be generally classified as Inflammatory, Non-Inflammatory and Connective Tissue Disease. It is estimated to be affecting over a million people in Hong Kong and costing multi-million dollars a year in healthcare costs, plus millions of working days lost. It is costing careers, dreams, relationships, mobility, health and independence and time with family and friends. It is therefore necessary to educate the general public about these diseases and inform them how they can avoid them or better manage their conditions. The Foundation therefore continued to organize public talks and promotional events, as well as to improve the information in its web-sites, to promote better awareness and provide needed information on these diseases.

During the year 5 talks on the topic of Osteoarthritis were organized in collaboration with different local organizations in different districts (Mongkok, Kwun Tong, Fanling, Tsuen Wan and Wong Tai Sin). In each talk, a rheumatologist specialist and an orthopaedic surgeon would provide the basic information and a patient volunteer who had joint surgery would be invited to tell the audience about his/her experience. Two special talks on uncommon rheumatic diseases: vasculitis and scleroderma, were also arranged in conjunction with the HK Lupus Association at the Kwong Wah Hospital and near 100 audiences attended. In addition, numerous TV and radio interviews, print media interviews and special TV educational documentaries on osteoarthritis and rheumatoid arthritis and on the benefits of hydrotherapy were also produced.

To promote better awareness of the 2008 World Arthritis Day, a Water Gala was held in Tsuen Wan Shing Mun Valley Swimming complex on 12 October, 2008 to reinforce the message about the good of water exercises for arthritis patients. More than 500 participants turned up for the event, and undergraduates of the Hong Kong Baptist University’s Sports Faculty helped in coordinating the patients as well as in demonstrating various exercises in the water. The Foundation would continue each year during World Arthritis Day to select a suitable theme to educate the public about different aspects of care for arthritis. For 2009, a major Carnival would be held in a major shopping plaza to educate the public on ‘Coping with Chronic Pain’.

The Foundation would continue its efforts, together with the Hong Kong Society of Rheumatology, the University of Hong Kong, the Hong Kong Chinese University, the various district hospitals, the six arthritis Patients Self-Help Groups and also the major pharmaceutical companies, to arrange for more media coverage on the various rheumatic diseases so that the public could have a better understanding of arthritis and rheumatic conditions commonly seen in Hong Kong.

Upgrading and Updating Professionals on the Care and Management of Arthritis

To provide new insights for the care of arthritis patients there was a continued need for researches targeted at studying the major forms of arthritis and the management of patients with these chronic disorders. For the first time last year, the Foundation awarded two research grants of HK$30,000 each to Hong Kong doctors to conduct research projects into the cardiovascular risk and the prevalence of coronary artery disease in these patients. This year two new Research Grants were approved for the study of the psoriatic arthritis disease self-management programme in Chinese patients and for the pilot study on the clinical usefulness of interferon-gamma assay in the detection of latent tuberculosis in rheumatic patients.
To provide better and up-dated information about the management of patients with arthritis, the Foundation also published during the year a topic-focused Newsletter, ‘CHARM’, representing CARE, HEALTH and ARTHRITIS and RHEUMATISM MANAGEMENT. This Newsletter would be distributed to multi-disciplinary health care professionals such as orthopaedics surgeons, physiotherapists, occupational therapists, paediatricians, nurses as well as rheumatologists, to keep them abreast of the latest developments in a specific arthritis or rheumatic disease. Two issues were planned for publication each year and the first issue published during the year focused on Rheumatoid Arthritis.

**Promoting and Recognizing Volunteerism and Peer Support**

As the work of the Foundation relied heavily on the help of Volunteers, particularly patients volunteers, the Foundation attached very strong bonding relationship with these volunteers and treasured their contributions. Last year a second batch of five HKARF Ambassadors were selected among patient volunteers, in recognition of their exceptional courage in their struggle with various arthritis diseases, and of their exemplary service as volunteers to serve other patients with similar ailments. As an award for these Ambassadors and to widen their knowledge of the diseases, a Study Tour to Guangzhou and Shenzhen Hospitals for arthritis patients was organized for these Ambassadors and families in March 2009. The tour provided these volunteers a very memorable experience as it not only gave them an exposure to the hospital facilities and tourist attractions in Shenzhen and Guangzhou but also an experience and knowledge about how arthritis patients were being treated in China. It also made them feel very rewarding as it provided an opportunity to interact and exchange experiences with these patients in the Mainland.

The visit also signified the germination of exchange and the forging of co-operation with rheumatic professors, doctors and patients in China. Dr. YIP of the 4th People's Specialist Rheumatism Hospital in Shenzhen had indicated interest to visit Hong Kong and talk to patients whilst Prof. GU of the Third Hospital of Sun Yat-sen University in Guangzhou would like to invite physiotherapists from Hong Kong to provide training to their staff. It is also gratifying to learn the importance of peer support as many of the Ambassadors continued to foster their friendship with the Mainland patients after the visit, by meeting with them again in Hong Kong, Shenzhen and Guangzhou, as travels between these cities were so convenient, or communicating with them through telephone and email exchanges. We expect to see more and more of these exchange visits take place in the future.

We also held an Appreciation Party for funding beneficiaries and volunteers in December 2008 at Lam Tin when over 70 participants including patient group representatives, HKARF ambassadors, HKARF funding beneficiaries, donors, pharmaceutical companies’ representatives, Executive Committee members, sub-committee members and volunteers met to celebrate Christmas and to get to know one another. It was a good opportunity to let the donors and pharmaceutical companies see how they had helped the patients. It was also an expression of thanks by the Foundation for the Volunteers. Besides, the beneficiaries were happy to have a chance to know more about the Foundation and a good chance for arthritis patients, especially those with disabilities, to have good fun time, to enjoy better quality of life.
Need for Continued Call for Donations

As the Foundation developed more plans and programmes to help the public better understand how to prevent or delay the onset of arthritis or limit its effects, the Foundation needed also the help of every Hong Kong citizen who care about them to achieve these goals. We needed to continue to raise more money from the public to fund these ongoing programmes and new initiatives.

Owing to the renovation of the Miramar Hotel in early 2008, the Foundation’s Annual Charity Dinner was postponed to June. This annual signature event of the Foundation was eventually held on 28 June, 2008, in Miramar’s newly renovated Ballroom. A record total of 288 friendly supporters turned up for the event. All enjoyed the ambience and cozy extravagance of the luxuriously decorated banquet hall and the exciting programmes prepared for the evening, including the unannounced superb performance of opera singing by the Foundation’s Honorary President, Dr David Fang. $1.147 million was raised during the evening, with a net proceed of $966,766.70 after expenses.

Thanks to the SAR Philharmonic Orchestra a Charity Concert was organized on 12 April 2009 (Sunday), when all the Foundation’s Donors, Volunteers, interested patients from all the six arthritis Patients’ Self Help Groups, and students of schools who helped during the Foundation’s Flag Day selling, were invited to an evening’s enjoyment of classical music. The concert not only provided the rheumatic patients and their families with a pleasurable opportunity to socialize and experience a philharmonic concert in the well equipped Hong Kong Cultural Centre Concert Hall, but also raised for the Foundation HK$202,619.74 after expenses. However, while the organization of the event was mostly carried out in the year 2008/09, as the event was held in April, 2009, accounts for this Concert would be reported as income and expenditure for the 2009/10 financial year.

During the year the Foundation successfully bid for a Flag Day in 2009 to raise funds for establishing an Arthritis and Rheumatism Resource Centre for members of the public as well as for patients. As the Flag Day was scheduled for 12 September, 2009, funds raised would only be included in the 2009/10 annual accounts.

Staff and A New Office and a Resource Centre for Arthritis and Rheumatism

Ms. Den Law, who joined as the Foundation’s Executive Officer in December, 2007, continued her service during the year as the only full-time paid staff of the Foundation. She was assisted by a part-time Administrative Assistant, Ms Cheung Shing-yip, who joined the Foundation since August, 2006. Because of more new programmes being introduced and consequent increasing workload, the Executive Committee decided to recruit an additional part-time Assistant to help in the programme co-ordination work in the next financial year.

We owed the use of our existing office premises at Lam Tin to the Hong Kong Society for Rehabilitation with whose Community Rehabilitation Network we had a very close working relationship. As the Foundation’s work continued to grow, and as new plans were being developed to establish in the not too distant future an Arthritis and Rheumatism Resource Centre cum Training Centre for patients, we were starting to look for suitable alternative accommodation to realize our dreams.
Conclusion

Since our founding in 2001, the Foundation has grown from a small group of enthusiastic volunteers to a respectable boutique Non-Government Organization providing essential education, research, financial support and community services to patients suffering from chronic arthritis and rheumatism, and to the Hong Kong society as a whole. As the Foundation is nearing its tenth year of service, we will take a strategic look of what we have done in the past, and review our services in the hope that they will be better tailored to meet the growing and changing expectations and needs of the community.

In closing, I must express my heartfelt appreciation for the unfailing support and hard work of all my fellow Executive Committee Members, without whose brilliant ideas and dedication many of the innovative projects for the welfare of Hong Kong’s rheumatism and arthritis community would not have come to fruition. Of course the successes of these projects depended entirely on the efforts of our staff and volunteers. The advice and support of our Hon Presidents, Hon Advisors and rheumatology specialists in the two Universities and various Hospitals continue to drive and inspire us to work even harder, and their help and wise counsel have been invaluable. I remain confident that with their continued unfailing support, the Foundation will continue to build from strength to strength in the years to come.

Yau Po-wing, David
Chairman
Saturday, 24 October, 2009
Hon Presidents of the Hong Kong Arthritis and Rheumatism Foundation

Dr. David FANG  
Mr. MB LEE, SBS MBE, CPA, JP  
Dr. TAM Wah-ching, PhD, DBA  
Prof. CS LAU

2008-2009 Officers and Executive Committee

The following Office bearers and Members of the Executive Committee served during the year:

Mr. Yau Po-wing, David (Chairman)  
Dr. Chan Tak-hin (Vice-Chairman)  
Dr. Mok Mo-yin, Temy (Hon Secretary)  
Mr. Chan Kar-lok (Hon Treasurer)  
Ms. Cheung Wai-han, Elsa (Hon Legal Advisor)  
Mr. Chan Ka-ming, Albert  
Ms. Chan King Chu  
Ms. Chan Shu-kam, Shirley  
Dr. Cheng Hang-cheong  
Ms. Cheng Pauline  
Mrs. Lau Linda  
Dr. Lee Ka-wing, Gavin  
Dr. Lee Ka-yan, David  
Prof. Li Cecilia  
Dr. Ng Kam-hung, Daniel  
Mr. Poon King Kong, Peter

Honorary Auditor: S. L. Lee & Lau

Honorary Advisors

The following served the Foundation as Honorary Advisors in the year:

Dr. Chan Ka-ho  
Prof. Chan Lai-wan, Cecilia  
Ms. Mabel Chau  
Mr. Johnny Cheng Woon-sun  
Mrs. Cheuk Au Ching Mei, Corona  
Mr. Benny Cheung Wai-leung  
Prof. Chow Shew-ping  
Dr. Chu Mang-yee, Eli  
Dr. WL Chung  
Dr. Peter KW Chiu
Dr Emily Kun
Prof. YL Lau
Dr. Anthony Lee Kai-yiu
Dr. Lee Tsz-leung
Prof. Edmund K W Li
Ms. Kitty Lo Yuk-yee
Mr. Ng Hang-sau
Dr. Wong Woon-sing, Raymond
Mr. Yung Wing-Ki, Samuel

Conveners of the various Committees

Conveners of the various Committees were:

- Education Committee: Dr. Gavin Lee
- Finance & Fund-raising Committee: Mr. Chan Kar-lok
- Patients Support Funds Committee: Dr. Chan Tak-hin
- Public Relations Committee: Ms. Shirley Chan
- Scientific Committee: Dr. Temy Mok

Staff:

Executive Officer: Ms Den Law

Administrative Assistant (Part-time): Ms Cheung Shing-yip

Membership of the Committee

Convener: Dr. Chan Tak-hin (Convener)
Members: Mr. Albert Chan
         Ms. Chan King-chu
         Mrs. Linda Lau
         Ms. Christine Leung
         Dr. Ng Kam Hung, Daniel
         Mrs. Agnes Wong
         Ms. YM Wong
         Ms. Lillian Woo
         Dr. Yim Cheuk-wan
         Mr. Yau Po-wing, David (Ex-officio)

The Foundation continued to provide financial assistance to needy patients of the public health sector who could not afford non-subsidized drugs, rehabilitation devices and home modification. Clinicians referred patients with financial difficulties who required expensive self-paid medications to the Foundation through the hospital medical social workers. Two schemes were in operation - the Patient Support Fund and the Emergency Fund.

In addition, the HKARF continued to collaborate with major pharmaceutical company partners to provide subsidized biologic agents for patients with chronic arthritis through the Expensive Drug Scheme.

Further, the Foundation continued to support patient groups to organize social and educational events to encourage active patient involvement of their arthritis management through the Patients Activities Fund.

1.1 Patients Support Fund
The aim of the Patient Support Fund is to provide financial assistance to needy patients to procure medications, including non-government subsidized medications, to purchase devices for arthritis rehabilitation, and to arrange for necessary home modifications. The applicant must be a Hong Kong resident and must produce certified diagnosis with any arthritis diseases by physicians.

1.1.1 Total approved applications and amount from 1 April 2008 to 31 March 2009:

| Total number of application received: | 73  |
| Approved:                           | 72  |
| Rejected:                           | 1   |
| Total amount:                       | HK$ 100,245.50 |
| Total no. of patients benefited:    | 28  |
1.2 Expensive Drug Support Scheme

The HKARF also negotiated with pharmaceutical companies to provide expensive drugs, particularly the expensive biological drugs, to needy patients at a much reduced price. No direct subsidies were provided by the Foundation.
1.2.1 Total number of applications received from 1 April 2008 to 31 March 2009:

**Total number application received:** 28
- Approved: 26
- Withdrawn: 1
- Reject: 1

1.2.2 Drug require and difficulty level:
- **Infliximab (Remicade)**
  - Total number of referral: 11
  - Level I: 2 (Reject: 1)
  - Level II: 9 (Withdrawn: 1)

- **Mycophenolate Mofetil (Cellcept)**
  - Total number of referral: 13

- **Enteric coated Mycophenolate Sodium (Myfortic)**
  - Total number of referral: 4

### Monthly Distribution

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<tr>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Applications</td>
<td>3</td>
<td>1</td>
<td>2</td>
<td>4</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>5</td>
<td>3</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

1.3 **Emergency Fund**

The aim of Emergency Fund is to provide a one-off financial assistance to patients who face sudden and unforeseen financial hardship because of family crisis or unexpected change in their health condition. For instance, some patients lost their job because of their diseases or when undergoing medical treatment.

Total number of applications received from **1 April 2008 to 31 March 2009**:

- Number of application received: 1
- Approved: 1
- Total amount: HK$ 5,000.00
1.4 **Activity Fund**
The purpose of the Patients Activities Fund is to offer sponsorship to registered patients’ self-help groups or other organizations, such as Patient Resource Centres, to organize activities that promote the well-being of the patients suffering from arthritis and rheumatism.

Report the progress of Activity Fund **from 1 April 2008 to 31 March 2009**

<table>
<thead>
<tr>
<th>Support Amount</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>HK Psoriatic Arthritis Association</td>
<td>HK$ 1,500.00</td>
</tr>
<tr>
<td>B27 Association</td>
<td>HK$ 1,500.00</td>
</tr>
<tr>
<td>HK Rheumatoid Arthritis Association</td>
<td>HK$ 3,500.00</td>
</tr>
<tr>
<td>HK AS Association</td>
<td>HK$ 3,500.00</td>
</tr>
<tr>
<td>HK AS Association</td>
<td>HK$ 3,500.00</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td><strong>HK$ 13,500.00</strong></td>
</tr>
</tbody>
</table>

1.5 **Hydrotherapy Class**
The HKARF recognized the benefits of water exercise for the patients and therefore launched the hydrotherapy programme for the patients referred by rheumatic doctors and 5 patient self-help groups. There were 6 classes per week at Queen Elizabeth Hospital (QEH) and 2 classes per week at Pamela Youde Nethersole Eastern Hospital (PYNEH).


<table>
<thead>
<tr>
<th>Expenditure</th>
<th>Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physiotherapy</td>
<td>Participant fee *</td>
</tr>
<tr>
<td>Hydrotherapy pool rental</td>
<td><strong>Deficit (funded by the HKARF): HK$98,890.00</strong></td>
</tr>
</tbody>
</table>

| Sub-total: HK$131,100.00 |

* $20 per person per lesson & $10 per person per lesson for CSSA recipients

Hydrotherapy class referrals **from 1 January to 31 March 2009**

| Phase 1 (approved): 10 Phase 1 (withdrawn): 6 |
| Phase 2 (approved): 18 Phase 3 (start at May): 9 |
| Choose QEH: 34 Choose PYNEH: 9 |
| **Total number of referral cases received:** 43 |
1.6 **Psychosocial programme**
Recognizing the needs for psychological counseling and the service gap, the Foundation approached the Department of Psychology of the University of Hong Kong and arranged to organize some tailor-made training to patient volunteers. Focus Group meetings were conducted by Prof Peter Lee and his professional team of psychologists to find out the psychological and emotional needs of patients at different stages of their ailments. The team also provided 6 sessions counselling training to the patient volunteers from February to April and June 2009. The Foundation would also look into the need for signing up with private psychologists to provide counseling sessions at pre-agreed concessionary rates to patients when the need arises.

1.7 **Thanks-giving party for beneficiaries**
An appreciation party for funding beneficiaries was held on 13 December 2008 at Hall, G/F, HKSR Lam Tin Complex. There were total 70 participants including patient group representatives, HKARF ambassadors, HKARF funding beneficiaries, donors, pharmaceutical companies’ representatives, Executive committee members, sub-committee members and volunteers. It was a good opportunity to let the donors and pharmaceutical companies see how they helped the patients. Besides, the beneficiaries were happy to have chance to know more about the Foundation and a good chance for patients, especially who are disable, to have fun time. The expenditure of the party was $4,280.60 covering all snacks, gifts and venue rental.

**Total Allocations during the period 1 April 2008 – 31 March 2009**

<table>
<thead>
<tr>
<th>Approved Cases</th>
<th>Approved Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient Support Fund</td>
<td>72</td>
</tr>
<tr>
<td>Expensive Drug Support Scheme</td>
<td>28</td>
</tr>
<tr>
<td>Emergency Fund</td>
<td>1</td>
</tr>
<tr>
<td>Activity Fund</td>
<td>5</td>
</tr>
<tr>
<td>Hydrotherapy program 2008</td>
<td>224</td>
</tr>
<tr>
<td>Psycho-social Programmed (Venue rental for training)</td>
<td></td>
</tr>
<tr>
<td>Thanks-giving party</td>
<td></td>
</tr>
</tbody>
</table>

**HK$ 224,916.10**

Membership of the Committee

Convener: Dr. Gavin Lee (Convener)
Members: Dr. Chan Tak Hin
          Ms. Chan King-chu
          Dr. Cheng Hang-cheong
          Mr. Kong Siu-Bun, Ben
          Ms. Kwok Suet-Kei, Gladys
          Ms. Kwok Yin-yee, Anna
          Mr. Lam Wai-hung, Stephen
          Prof. Cecilia Li
          Dr. Mok Mo-yin, Temy
          Ms. Ng Mei-sum
          Mr. Peter Poon
          Mr. Yau Po-wing, David (Ex-officio)

Sub-committees Conveners:

Newsletter Sub-committee: Dr. Mok Mo-yin, Temy
Website Sub-committee: Ms. Chan King-chu

   To celebrate the 2008 World Arthritis Day, a Water Gala was held in Tusen Wan Shing Mun Valley Swimming complex on 12 October, 2008. There were more than 500 participants turned up for the event, and undergraduates of the Hong Kong Baptist University’s Sports Faculty helped in coordinating the patients as well as to demonstrate various exercises in the water. Dr. Tam Wah-ching, the Foundation’s Hon President, Dr. Cheung Wai-lun, Director (Cluster Services) of Hospital Authority and Mr. Chow Wai-sheung from Hong Kong Elite Athletes Association attended the occasion as Guest of Honour. All the attendees enjoyed the demonstration of joints exercises and the swimming competition which showed the cooperation of healthy people and patients with arthritis. The “Water Exercise Fund-raising Event” and the press conference achieved the aim to raise the concern of the need and usefulness of water exercise for arthritis patients. After the gala, the participants went for a vegetarian lunch at the Yuen Yuen Insitute in Tsuen Wan. A total $20,060 was raised from the “Water Exercise Fund-raising Event” and the net expenditure for the entire event including lunch and transport amounted to $51,044.
2) **HKARF Ambassador Study Tour to Hospitals in Mainland**

The HKARF Ambassadors Study Tour to Guangzhou and Shenzhen took place from 27 March 2009 to 29 March 2009 and the net expenditure of the visit was HK$10,921.98. All the Ambassadors thought the visit was well-organized and provided them with not only an exposure to the hospital facilities and tourist attractions in Shenzhen and Guangzhou but also an experience and knowledge about how arthritis patients were being treated in China. It also made them feel very rewarding as it provided an opportunity to interact with these patients in Mainland. They were grateful to the Foundation for giving them and their family members this memorable experience.

The visit helped the Foundation build up the relationship with rheumatic professors and doctors in China and cooperate with them in the future. Dr. YIP of the 4th People's Specialist Rheumatism Hospital in Shenzhen would like to join IAD 2009 event to provide TCM talks for Hong Kong patients whilst Prof. GU of the Third Hospital of Sun Yat-sen University in Guangzhou would like to invite physiotherapists from Hong Kong to provide training to their staff and the training could be held at Hong Kong Rehab Society's Yee Hong Elderly Home in Shenzhen.

3) **Educational Talks**

3.1 **Osteoarthritis**

There were total 5 talks on the topic of Osteoarthritis and those talks were cooperated with different local organizations in different district (Mongkok, Kwun Tong, Fanling, Tsuen Wan and Wong Tai Sin). In each talk, a rheumatoid specialist, an orthopaedic specialist and a patient who had joint surgery were invited. There were around 700 audiences attending those talks and having a good feedback of the talks. The details of the talks are listed as below:

a) Mongkok Kai Fong Association: 31 May 2008  
b) Kwun Tong Sai Cho Wan Lutheran Centre for the Elderly: 19 July 2008  
c) Fanling YWCA: 18 October 2008  
d) Tsuen Wan HK Society for the Aged: 15 November 2008  
e) Wong Tai Sin Lok Sin Tong: 10 January 2009

3.2 **Uncommon rheumatic diseases**

Two talks on uncommon rheumatic diseases were held at the Kwong Wah Hospital and near 100 audiences attended. The Hong Kong Lupus Association assisted in the event and promoted their association. The details of the talks are listed as below:
4) **RTHK TV series “健康大道”**
The Foundation assisted RTHK in the production of an episode of TV programme on osteoarthritis and rheumatoid arthritis, as part of its series of public education programme on Health. The Foundation helped in lining up and in the filming of Patients, clinicians (orthopaedic surgeon, rheumatologist), nurses, physiotherapists, occupation therapists, and patient groups, and used the opportunity to educate the public about these common diseases and the work of the Foundation. The hydrotherapy class supported by the Foundation was also be filmed. The programme was aired at 7pm on 20 May 2008, ATV.

5) **Ambassadors participation**
5.1 Ms. Ho Siu-mui shared her experience at RTHK TV series “健康大道”, which was aired on 20 May 2008, and had an interview with Media Planet which published a special supplement under the topic “Bones & Joints” and as an enclosure to Ming Pao newspaper on 18 February 2009.

5.2 Miss Liu Hoi-ting attended a sharing session at Pui Tak Canossian College on 4 November 2008 to share her experience in order to inspire the teenagers.

6) **Publication of Newsletters ‘Arthritis Care’**
Two issues of the bi-annual Foundation Newsletter were published in June 2008 and December 2008 respectively. These Newsletters covered the latest news of the Foundation, as well as updated information on patient support activities and educational materials. Each issue was distributed to arthritis patient self help groups, members of Hong Kong Society of Rheumatology, donors, volunteers, hospitals and other related organizations.

7) **Revision of the HKARF website**
The HKARF website was revised and the front page could be amended by Foundation staff now to include pictures and videos. The webpage with simplified Chinese would be enhanced to facilities overseas patients to use the contents of the Foundation’s web-site and this revision would be made with the information pamphlets to be uploaded to the website.
8) **Update Patient Information Leaflets (in collaboration with CRN)**

The Leaflet on the Foundation was revised and updated and 8,000 copies were printed for dissemination at future functions and public educational talks to help publicize the work of the Foundation.

It is also planned to update four major categories of patient education leaflets (a total 49), with a view to making them available for downloading by doctors and patients from the Foundation’s web-site:

A) disease information  
B) medications  
C) self management  
D) others

This would be carried out in phases, but it was aimed for completion by the end of 2008. Various professional would be invited in the process (including pharmacist) to review the materials. Both traditional (printed and softcopy) and simplified Chinese (softcopy in web only) would be available.

Membership of the Committee

Convener: Dr. Mok Mo-yin, Temy (Convener)
Members: Ms. Chan Lai-hung, Jane
Dr. Cheng Hang-cheong
Dr. Chu Wai-po, Reann
Dr. Leung Wai-keung
Prof. Cecilia Li
Dr. Ng Kam-hung, Daniel
Mr. Peter Poon
Mr. Yau Po-wing, David (Ex-officio)

Training Fellowship & Research Fund Schemes Sub-Committee:

Convener: Prof Cecilia Li
Scholarship scheme sub-committee members: Dr. Chan Tak-hin
Dr. Cheng Hang-cheong
Dr. Mok Mo-yin, Temy

1) HKARF Research Grant 2008/09

As from January 2007, the Hong Kong Arthritis & Rheumatism Foundation (HKARF) would award research grants, on an annual basis, to fund research projects being performed in the HKSAR. The aim of the Hong Kong Arthritis & Rheumatism Foundation Research Grants is to support Hong Kong doctors / health care professionals / scientists involved in the management / study of patients with chronic arthritis and rheumatic disorders, in conducting research projects which provide new insights for the care of this group of patients.

The maximum amount of each Research Grant is HK$30,000.

Applicants should include an estimated and itemized budget when submitting their application and should also declare if they have applied for other sources of research grant for the same project and justification of use of the awards.

The application deadline of Research Grant was changed to 30 June every year. There were 2 applications for the Research Grant 2008/09 and both of them were approved. The amount of each Research Grant was HK$30,000 and the first installments were sent on October 2008 and the study titles were approved as follows:

a) Name of Chief Investigator: Dr. LEUNG Ying-ying
   Affiliated Institution: The Chinese University of Hong Kong
   Name of Research: Evaluation of the arthritis disease self-management program in Chinese patients with psoriatic Arthritis
b) Name of Chief Investigator:  Dr. MOK Mo-yin  
   Affiliated Institution:  The University of Hong Kong  
   Name of Research:  A pilot study on the clinical usefulness of interferon-gamma assay in detection of latent tuberculosis in patients with rheumatic diseases given anti-TNF-therapy in Hong Kong

2) **HKARF/HKSR Scholarships**  
The HKARF/HKSR Scholarships was provided jointly by the Hong Kong Society of Rheumatology and the Foundation, to Hong Kong medical professionals to pursue training overseas. Up to a maximum of three Scholarships was offered for 2008/09. Priority would be given to candidates who intend to develop special skills or novel diagnostic / therapeutic modalities in rheumatology in our locality.

The scholarships would be in the form of lump-sum grants to cover costs of airfare and accommodation, as follows:

- 3-months’ training – HK$20,000 (lump-sum)  
- 6-months’ training – HK$38,000 (lump-sum)  

The Foundation’s share would be HK$2,000 and HK$3,000 respectively and the maximum commitment for the Foundation for 2008/09 would therefore be HK$9,000.

Applicants must be full time doctors who are involved in rheumatology service. Trainees must be undertaking a supervised training program under the Hong Kong College of Physicians. Fellows must be registered under the specialty Rheumatology in the Medical Council of Hong Kong.

The deadline for applications was changed to 30 June every year. There was one application for HKARF/HKSR Scholarships in 2008/09 but the applicant subsequently withdrew the application as the applicant had successfully applied for another scholarship.

3) **New Newsletter for health care professionals: CHARM**  
As a means of educating and providing updated information about Arthritis to health care professionals, a ‘topic-focused’ Newsletter for professionals named CHARM, representing CARE, HEALTH and ARTHRITIS and RHEUMATISM MANAGEMENT, was published in February 2009 to multi-disciplinary health care workers involved in the management of patients with rheumatic diseases. The key columns for each issue could involve Rheumatology, Paediatrics Rheumatology, Orthopaedic surgery, Physiotherapy, Occupational therapy and Rheumatology nursing. 3,000 copies of the first issue of CHARM, on the subject of Rheumatoid Arthritis (RA) were printed and distributed as follows:

- a) Rheumatologists  
- b) Orthopedics surgeons  
- c) Physiotherapists  
- d) Occupation therapists  
- e) Paediatricians
It was planned to publish 2 issues each year and pharmaceutical companies would be invited to provide full sponsorship for each issue.

Membership of the Committee

Convener: Mr. Chan Kar-lok (Convener)
Members: Mr. Chan Ka-ming, Albert
         Ms. Shirley Chan
         Ms. Pauline Cheng
         Mrs. Linda Lau
         Dr. Lee Ka-yan, David
         Mr. Yau Po-wing, David (Ex-officio)

We have a mission to teach people how to prevent or delay the onset of arthritis or limit its effects. We must also help our patients deal with the increasing difficulties in their fight with these chronic diseases. Of course we cannot do it alone; we need the help of every Hong Kong citizen who care about them. We need to raise more money to fund our ongoing programmes and new initiatives.

1) **Annual Charity Dinner**
   Due to the renovation of the Miramar Hotel in early 2008, the Foundation’s Annual Charity Dinner was postponed to June. This annual signature event of the Foundation was eventually held on 28 June, 2008, in Miramar’s newly renovated Ballroom. This turned out to be extremely successful and a record total of 288 turned out to support the event. All enjoyed the ambience and cozy extravagance of the luxuriously decorated banquet hall and the fine dining as well as the exciting programmes prepared for the evening, including the unannounced superb performance of opera singing by the Foundation’s Honorary President, Dr David Fang. Total donations and income amounted to $1,147 million, and a net proceed of $966,766.70 was recorded after expenses.

   Because of the world economic tsunami in 2008/09 and the holding of a Charity Concert towards the end of the financial year, it was decided not to hold another Charity Dinner in 2008/09.

2) **7-Eleven Donation Collection Service for Wise-Giving Charity**
   The Foundation joined the Wise-Giving fundraising platform provided by the Hong Kong Council of Social Services, to make the public better aware of the charity work of the Foundation. Through this arrangement, donors could make donations to the Foundation with a special bar-code through 7-11 stores. In this first year’s trial run, a total of HK$1,900 donation was collected from this platform.

3) **SAR Philharmonic Charity Concert**
   The Foundation co-organized with the SAR Philharmonic a Charity Concert on 12 April 2009 (Sunday), when all the Foundation’s Donors, Volunteers, interested patients from all the six arthritis Patients’ Self Help Groups, and students of schools who helped during the
Foundation’s Flag Day selling, were invited to an evening’s enjoyment of classical music. The concert not only provided the rheumatic patients and their families with a pleasurable opportunity to socialize and experience a philharmonic concert in the well equipped Hong Kong Cultural Centre Concert Hall, but also yielded sponsorships and donations amounting to HK$276,400, with net proceeds of HK$202,619.74 recorded after expenses. The event also helped publicize the work of the Foundation and enable the Foundation to get new connections. However, while the organization of the event was mostly done in the year 2008/09, as the event was held in April, 2009, accounts for this Concert would be reported as income and expenditure for the 2009/10 financial year.

4) **Flag Day**

The Foundation was successful in its application for a Flag Day to raise funds for establishing an Arthritis and Rheumatism Resource Centre for members of the public as well as for patients. The Flag Day was scheduled for 12 September, 2009 and therefore funds raised would only be included in the 2009/10 annual accounts.