

**Hong Kong Arthritis and  
Rheumatism Foundation Ltd.**  
香港風濕病基金會有限公司

# Annual Report 2014/2015

(for the year ended 31 March 2015)



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## Objectives of the Foundation

1. To reduce disability and enhance self-care of patients affected by arthritis and rheumatic disease by providing them with medical, psychosocial, and financial support
2. To enhance awareness of rheumatic disease among the general public and healthcare professionals
3. To support research and education related to arthritis and rheumatism
4. To collaborate with organisations in Hong Kong, Mainland China, and abroad to promote the objectives of the Foundation

## Chairman's Message

Like many of our colleagues in other non-government organizations (NGO), we had been working hard in 2014/15 to fulfill our commitment to our arthritis patients and to raise fund to support our service. Staff of the Foundation, volunteers, and patients pulled together to provide the best possible service for patients. I would like to thank our staff, office-bearers of self-help groups, volunteers, and co-workers in the Hong Kong Society for Rehabilitation (HKSR). They have been and are still working hard under the constraint of very limited resources.

Everything that we do at the HKARF aims to improve the quality of life and reduce sufferings of arthritis patients and their carers. Thanks to our very dedicated physiotherapists, we have been able to continue conducting the very popular hydrotherapy classes for 5 days per week. The newly introduced exercise classes and occupational therapy service have been very well received by patients. Since the Hospital Authority has been providing patients with more subsidized medications, we have been spending less on reimbursing needy patients for purchasing self-financed medications. The spare money can be used to reinforce the current service and to kick-start new projects.

More than 400 participants took part in the Patients Conference, which was held at the Hong Kong Polytechnic University in July 2014. Four distinguished patients were selected as HKARF Ambassadors in 2014 to praise their contribution to community care of arthritis patients. They have been representing the Foundation in many public education events.

We have collaborated with HKSR in mainland China in promoting arthritis self-management program to patients in Guangdong Province. In April 2015, medical doctors, nurses, physiotherapists and occupational therapists of the Foundation visited Qingyuan People's Hospital. An overview of arthritis management was presented during a two-day workshop. I hope this is the beginning of a long and profitable collaboration with our medical colleagues in mainland China.

Last, but not the least, I would like to extend my heartfelt gratitude to our Honorary Presidents, Executive Committee members, and members of the permanent committees. Without their unreserved support and dedication, our achievement would not have been possible.

Dr Chan Tak Hin  
Chairman

## GOVERNANCE

### Honorary Presidents:

Dr. David FANG, SBS, JP

方津生醫生

Prof. LAU Chak-sing, MD (Hons), FRCP, FHKAM (Medicine) (founding Chairman)

劉澤星教授 (創會主席)

Mr. LEE Man-ban, SBS MBE, CPA, JP

李文彬太平紳士

Dr. TAM Wah-ching, PhD, DBA

譚華正博士

Mr. YAU Po-wing, David

游寶榮先生

### Honorary Advisors:

Dr. CHAN Ka-ho (Specialist in Rheumatology)

陳嘉何醫生

Mr. CHAN Ka-ming, Albert

陳家明先生

Ms. Camilla CHAN

陳劍淑女士

Prof. CHAN Lai-wan, Cecilia (The University of Hong Kong)

陳麗雲教授

Ms. Shirley CHAN (Hong Kong Global Lions Club)

陳書琴女士

Ms. Mabel CHAU (Hong Kong Society for Rehabilitation)

周敏姬女士

Mr. CHENG Woon-sun, Johnny (AIA Hong Kong)

鄭煥新先生

Mrs. CHEUK AU Ching-mei, Corona (Yan Oi Tong)

卓歐靜美女士

Mr. CHEUNG Wai-leung, Benny (Hong Kong Society for Rehabilitation)

張偉良先生

Prof. Peter CHIU (The University of Hong Kong)

曲廣運教授

Dr. CHO Kwai-chee (Town Health Corporate Advisory and Investments Ltd.)

曹貴子醫生

Prof. CHOW Shew-ping (The University of Hong Kong)

周肇平教授

Dr. CHU Mang-yee, Eli (Occupational therapist)

朱孟怡博士

Dr. Margaret CHUNG (Regeneration Society)

鍾惠玲博士

Dr. Emily KUN (Tai Po Hospital)

靳惠蓮醫生

Mrs. Linda LAU

劉洪文燕女士

Prof. LAU Yu-lung (The University of Hong Kong)

劉宇隆教授

Dr. LEE Kai-yiu, Anthony (Union Hospital)

李繼堯醫生

Dr. LEE Tsz-leung (Hospital Authority)

李子良醫生

Prof. Cecilia LI-TSANG (The Hong Kong Polytechnic University)

李曾慧平教授

Prof. Edmund K LI (The Chinese University of Hong Kong)

李國銘教授

Ms. LO Yuk-yee, Kitty (Finet Group Ltd.)

勞玉儀女士

Mr. NG Hang-sau (Hong Kong Society for Rehabilitation)

伍杏修先生

Mr. Peter POON (Hong Kong Society for Rehabilitation)

潘經光先生

Dr. WONG Woon-sing, Raymond (Queen Mary Hospital)

黃煥星醫生

Mr. YUNG Wing-Ki, Samuel (AIA Hong Kong)

容永祺先生

**EXECUTIVE COMMITTEE**

Dr. CHAN Tak-hin  
*Chairman*  
陳德顯醫生



Mr. CHAN Kar-lok  
*Vice-chairman*  
陳家樂先生



Dr. LEE Ka-wing, Gavin  
*Vice-chairman*  
李家榮醫生



Dr. NG Kam-hung, Daniel  
*Hon Secretary*  
吳錦鴻醫生



Mr. Stanley KWOK  
*Hon. Treasurer*  
郭偉良先生



Ms Elsa CHEUNG  
*Hon. Legal Advisor*  
張惠嫻律師



Ms. CHAN King-chu  
陳琮珠女士



Dr. CHENG Hang-cheong  
鄭亨昌醫生



Ms. Pauline CHENG  
鄭寶花女士



Mr. Andy HO  
何安達先生



Dr. LEE Ka-yan, David  
李家仁醫生



Ms. Christine LEUNG  
梁綺薇女士



Dr. MOK Mo-yin, Temy  
莫慕賢醫生

**Honorary Auditor:**

Teamway & Partners 天永會計師行



## PERMANENT COMMITTEES

### Education Committee

Convener:	Dr. LEE Ka-wing, Gavin	李家榮醫生
Members:	Ms. Patsy CHAN	陳啓盈女士
	Dr. CHENG Hang-cheong	鄭亨昌醫生
	Ms. CHOW Kam-wah, Maggie	周錦華女士
	Ms. KWOK Suet-Kei, Gladys	郭雪琪姑娘
	Mr. LAM Wai-hung, Stephen	林韋雄先生
	Ms. Kristan LEUNG	梁思明女士
	Dr. MA Kai-yiu	馬繼耀醫生
	Ms. NG Mei-sum	吳美心女士
	Ms. Judy YU	余燕麗姑娘
	Dr. YU Ka-lung, Carrel	余嘉龍醫生
Ex-officio:	Dr. CHAN Tak-hin	陳德顯醫生

### Fundraising Committee

Convener:	Mr. CHAN Kar-lok	陳家樂先生
Members:	Ms. Pauline CHENG	鄭寶花女士
	M. Andy HO	何安達先生
	Mr. Stanley KWOK	郭偉良先生
	Mrs. Linda LAU	劉洪文燕女士
	Dr. LEE Ka-yan, David	李家仁醫生
Ex-officio:	Dr. CHAN Tak-hin	陳德顯醫生

### Patients Support Committee

Convener:	Dr. NG Kam-hung, Daniel	吳錦鴻醫生
Members:	Ms. CHAN King-chu	陳琮珠女士
	Ms. Viola CHIU	趙迪芬女士
	Ms. Christine LEUNG	梁綺薇女士
	Ms. Kristan LEUNG	梁思明女士
	Mrs. Agnes WONG	黃馮玉棠女士
	Ms. WONG Yee-man, Diana	黃綺雯女士
	Dr. YIM Cheuk-wan	嚴卓雲醫生
Ex-officio:	Dr. CHAN Tak-hin	陳德顯醫生

### Scientific Committee

Convener:	Dr. MOK Mo-yin, Temy	莫慕賢醫生
Members:	Dr. LEE Tsz-yan, Samson	李梓恩醫生
	Prof. LI TSANG Wai-ping, Cecilia	李曾慧平博士
	Mr. MA Chun-ho Oliver	馬俊豪醫師
	Mr. WONG Kai-chung, Vincent	黃啟宗先生
	Ms. WONG Kit-yee, Lavinia	黃潔怡女士
	Dr. YAN Chun Hoi	忻振凱醫生
	Ms. YIP Ka-huen	葉家瑄女士
Ex-officio:	Dr. CHAN Tak-hin	陳德顯醫生

## ACTIVITIES UNDERTAKEN AND RESULTS ACHIEVED

### 工作與成就

#### Hydrotherapy 風濕科水療練習計劃



HKARF started running hydrotherapy program for patients suffering from chronic inflammatory arthritis since 2008. This service is one of the most popular programs and we have been expanding the scope of the service from 4 classes a week initially to 12 classes a week.

基金會於 2008 年開展「風濕科水療練習計劃」，而此課程亦成為最受病人歡迎的服務，因此由最初的一星期四堂擴展至現在一星期十二堂。

Targets: Patients suffering from inflammatory arthritis

對象：慢性風濕病患者

	<u>2013/14</u>	<u>2014/15</u>
<b>Sessions 節數:</b>	<b>482</b>	<b>564</b>
<b>No. of patient-session 人次:</b>	<b>4,866 (320 individual patients)</b>	<b>5,292 (349 individual patients)</b>

#### Physiotherapy Exercise Class 物理治療伸展運動課程

HKARF introduced group physiotherapy classes for patients suffering from musculoskeletal disease in 2013. Three exercise classes are conducted in the HKARF Jockey Club Patient Resource & Training Centre every week.

基金會在 2013 年於賽馬會病人資源及訓練中心新增專為風濕關節病患者而設的運動課程，每星期共有三班。

Targets:

Patients suffering from degenerative arthritis (osteoarthritis) and inflammatory arthritis

對象：退化性關節炎及慢性風濕病患者



	<u>2013/14</u>	<u>2014/15</u>
<b>Sessions 節數:</b>	<b>78</b>	<b>147</b>
<b>No. of patient-session 人次:</b>	<b>534 (47 individual patients)</b>	<b>935 (60 individual patients)</b>

#### Occupational Therapy 職業治療

Occupational therapy service has been held in the HKARF Jockey Club Patient Resource & Training Centre since 2013. The therapists educate patients on joint protection skills and prescribe simple tailor-made splints.

職業治療服務於 2013 年在中心開始，職業治療師會為個別為病人教導關節保護技巧，及為有需要的患者製作簡單的復康支架。

Targets: Patients suffering from pain and deformity due to inflammatory arthritis

對象：患有慢性風濕病而有關節疼痛或變形的患者

	<u>2013/14</u>	<u>2014/15</u>
<b>Sessions 節數:</b>	<b>4 per month (每月四節)</b>	<b>4 per month (每月四節)</b>
<b>No. of patient-session 人次:</b>	<b>20 per year (每年 20 人次)</b>	<b>23 per year (每年 23 人次)</b>

## Patients Support Fund 風濕病患者支援基金

HKARF provides a maximum of HK\$9,000 per year for the most needy patients to purchase non-subsidised self-financed medications and rehabilitation aids prescribed by doctors in Hospital Authority hospitals.

基金會提供每年 9,000 元上限的直接經濟支援，供有需要的風濕病患者購買自費處方藥物及復康用品。

	<u>2013/14</u>	<u>2014/15</u>
<b>No. of beneficiaries 受惠人數:</b>	<b>35</b>	<b>36</b>
<b>Average subsidy amount 平均資助額:</b>	<b>HK\$5,097 per patient</b>	<b>HK\$4,992 per patient</b>
<b>Total subsidy amount 總支援金額:</b>	<b>HK\$178,407</b>	<b>HK\$179,726</b>

## Expensive Drug Support Scheme 昂貴藥物支援計劃

HKARF has been working in partnership with pharmaceutical companies to subsidise patients to purchase self-financed expensive medications prescribed by doctors in Hospital Authority hospitals. In 2015, there are total 7 medications under the scheme, in which nearly all biologics are in the list for patients to apply.

基金會一直與各藥廠合作為有需要的風濕病患者提供優惠，以購買指定自費昂貴處方藥物。2015 年，計劃下的藥物增至七種，其中包括大部份常用的生物製劑。

	<u>2013/14</u>	<u>2014/15</u>
<b>No. of beneficiaries 受惠人數:</b>	<b>23</b>	<b>32</b>
<b>Total cost of subsidised medications 總支援藥物金額:</b>	<b>HK\$494,200</b>	<b>HK\$877,740</b>

## Emergency Support Fund 風濕病患者緊急援助基金

HKARF provides a maximum one-off subsidy of HK\$5,000 to assist needy arthritis patient to cope with sudden crisis due to his or her illness.

基金會為有突發需要的風濕病患者提供一筆過 5,000 元為上限的緊急援助。

## Activity Fund 風濕病患者活動資助計劃

Each rheumatic disease self-help group may apply for a maximum of HK\$5,000 per year to organise social or education function for members.

每個病人自助組織每年可申請上限 5,000 元的活動資助，以籌辦社交或教育活動。

	<u>2013/14</u>	<u>2014/15</u>
<b>No. of grants approved 已批資助數目:</b>	<b>5</b>	<b>4</b>
<b>No. of beneficiaries 受惠人數:</b>	<b>486</b>	<b>626</b>



## Arthritis Buddy Helpline 風知己朋輩電話熱線

HKARF runs a telephone hotline manned by volunteers four days per week to answer queries from the public. A training workshop on counselling will be held in 2016 in order to help the volunteers to recapitulate their counselling knowledge.

基金會的「風知己朋輩電話熱線」一星期四天運作，由受訓病友義工接聽以解答來電者的查詢及疑問。為了加強義工的情緒支援技巧及重新檢視服務，將於 2016 年為他們再提供訓練課程。

	<u>2013/14</u>	<u>2014/15</u>
<b>No. of telephone inquiry 查詢電話數目:</b>	<b>380</b>	<b>267</b>



## Newsletters 基金會會訊



HKARF publishes a Chinese and an English newsletter regularly. Arthritis Care, the Chinese newsletter, gives the public and patients an update on the activities of the Foundation every 6 months. CHARM, the English one that publishes once per year, focuses on different rheumatic disease for the benefit of healthcare professionals looking after arthritis patients.

關懷會訊每年出版兩期，為大眾及病患者提供有關基金會的活動資訊及消息；而每年出版一期的英文會訊 CHARM，每期會集中討論一種風濕關節病的治療及處理，讓醫護人員能了解不同範疇專業如何幫助患者。

## Education Talks and Patient Conference 健康教育講座及病人研討會

HKARF organises education talks every year to raise awareness of rheumatic disease in the community and to provide correct information to those with the disease. A patient conference of 8 sessions with different topics was held in 2014.

基金會每年皆會舉辦健康教育講座，以提高社會對風濕病的認識，及為患者提供正確的病科資訊；2014年更舉辦了「解構風濕全方位」病人研討會，進行共八場不同题目的講座和工作坊。



**Total number of talks 講座數目:**

**No. of beneficiaries 受惠人數:**

**No. of participants in Patient Conference 研討會參加人數:**

2013/14

15

1,780

/

2014/15

7

729

376

## Publication 出版病症及藥物資訊



HKARF produces education DVD on common chronic rheumatic disease. Also, other than the information in the website, we publish booklets with different topics to provide up-to-date disease related information to the public and patients.

除了網上資訊外，基金會製作了一系列的病科資訊教育光碟，同時也逐步更新不同主題的資訊小冊子，以提供最新病症資訊。

### DVD

**SLE 紅斑狼瘡**

**AS 強直性脊椎炎**

**PsA 銀屑病關節炎**

**RA 類風濕性關節炎**

**Published in 2013 (2013 年出版)**

**Published in 2014 (2014 年出版)**

**Published in 2015 (2015 年出版)**

**Published in 2015 (2015 年出版)**

## Public relations 媒體宣傳

HKARF promotes its activities and arthritis information to the general public and patients through electronic and printed media channels.

基金會透過不同大眾傳播媒介宣傳基金會的活動及為公眾提供正確的病症資訊。

**No. of TV infotainment 電視廣告數目:**

**No. of radio programme interview 電台節目訪問數目:**

**No. of newspaper articles 報紙文章數目:**

**No. of press release 新聞發佈數目:**

**2013/14**

2

0

24

1

**2014/15**

6

6

6

1



## International Arthritis Day Carnival 風濕緩痛嘉年華



A carnival was held at Sun Yat Sen Memorial Park in Sheung Wan, Hong Kong on Sunday, 19 October 2014, to commemorate World Arthritis Day. 2,000 participants joined us that day for an enjoyable and fun-filled afternoon.

響應國際風濕病日的「風濕緩痛嘉年華」於2014年10月19日在上環中山紀念公園舉行，當日有約2,000位參加者參加，各項表演及攤位讓他們渡過了一個愉快及充實的下午。

## HKARF Ambassador Election 「風中戰士」選舉

The 4th batch of HKARF Ambassadors, who were named "Arthritis Fighters", was elected in 2014 to praise their positive attitude and active participation in voluntary work. The four ambassadors are as follows:

為了表揚正面對抗風濕病及積極參與義務工作的病友，基金會於2014年選出第四屆基金會大使「風中戰士」。四位「風中戰士」的名單如下：

**Mr. Kevin Lee, a patient with Ankylosing Spondylitis 李國光先生 (強直性脊椎炎患者)**

**Mr. Anthony Tang, a patient with Psoriatic Arthritis 鄧偉正先生 (銀屑病關節炎患者)**

**Ms. Wong Siu-wan, a patient with Systemic Lupus Erythematosus 黃小雲女士 (系統性紅斑狼瘡患者)**

**Mr. Kendy Yeung, a patient with Ankylosing Spondylitis 楊偉星先生 (強直性脊椎炎患者)**





## Musculoskeletal Health Checkup 健康檢查日

HKARF organises regular health checkup in the Centre. Physiotherapists perform muscle and joints assessment. We also offer bone density measurement to assess risk of osteoporosis for the participants.

基金會定期在中心舉辦健康檢查日，提供有關肌肉關節、骨質密度的檢查，讓參加者知道自身關節的健康狀況，及患上骨質疏鬆的風險。



**No. of health checkup 健康檢查日次數:**

**No. of participants 參加者人數:**

2013/14

2

170

2014/15

1

44

## COLLABORATION WITH SELF-HELP GROUPS

### 與病人自助組織的合作

HKARF organise educational events regularly in collaboration with all the rheumatic disease self-help groups. Currently, secretarial staff of three self-help groups, Hong Kong Ankylosing Spondylitis Association (HKASA), Hong Kong Rheumatoid Arthritis Association (HKRAA), and Hong Kong Psoriatic Arthritis Association (HKPsAA), are working at our Centre.

基金會所舉辦的公眾教育活動都與風濕科的病人自助組織合作，目前香港強脊會、毅希會及銀屑護關會的職員皆在基金會的中心辦公。



### Train the trainer workshop 領袖傳承工作坊



The Foundation recognises that self-help groups play an important role in providing peer support for arthritis patients. The 1st "train the trainer" workshop was held on 6 May 2014 at the Centre with 31 participants took part in the workshop. Skills on managing self-help groups were presented and participants shared their experience on running of their organisations. Members also suggested topics for discussion in the future, including team building, peer counselling training, and presentation skills teaching.

病人自助組織在朋輩支援方面扮演非常重要的角色，因此基金會舉辦相關工作坊，讓他們能互相討論及學習。第一次「領袖傳承工作坊」於 2014 年 5 月在基金會中心舉行，共有 31 位來自各個組織的執委參加。透過是次工作坊，我們能了解病友的需要及他們感興趣的主題，因此將於 2016 年開展有關團隊建設、朋輩輔導技巧及演說技巧等工作坊。

## COLLABORATION WITH THE HONG KONG SOCIETY FOR REHABILITATION

### 與香港復康會的合作

HKARF has been working closely with Community Rehabilitation Network (CRN) of Hong Kong Society for Rehabilitation in many of our projects. A new “Arthritis Self-Management Programme” was launched in 2015.

基金會一直以來都與香港復康會社區復康網絡緊密合作，同共籌辦不同的公眾教育活動。自 2015 年開始，我們更合作開展全新風濕科自我管理課程「關節・我自理」，讓風濕病患者學習自我管理技巧。



## COLLABORATION WITH THE HONG KONG SOCIETY OF RHEUMATOLOGY

### 與香港風濕病學學會的合作

HKARF and Hong Kong Society of Rheumatology (HKSR) jointly award scholarships to commend outstanding doctors and allied health professionals who plan for overseas training in rheumatology and related sub-specialties.

Dr Priscilla Wong, a specialist in rheumatology, was awarded the scholarship in 2014 for her overseas training in application of ultrasound in rheumatology.

基金會與香港風濕病學學會設立了訓練獎學金，獎勵有志到海外進修的醫生及專職醫護人員，學習最新的醫療技術，以造福香港的風濕病患者。

風濕科專科王靜嫻醫生於 2014 年獲頒獎學金，其海外進修項目是有關超聲波與風濕關節病的應用。

### HKARF Rheumatology education for Mainland medical professionals 中國風濕科教育系列

There is a high demand for physiotherapy and occupational therapy training in mainland China. Doctors practising outside big cities require training in the latest medical and surgical knowledge in arthritis care. The Foundation and the Hong Kong Society of Rheumatology organised a training workshop for the medical and nursing staff of Qingyuan People's Hospital in April 2015. Doctors, nurses, and therapists from Hong Kong and Qingyuan shared their experience and difficulties encountered when managing patients with various rheumatic disease. The workshop was very well received by the hospital staff.

近年國內的醫護人員對於物理治療、職業治療、和最新的風濕病醫療資訊的需求很大。我們希望透過為醫護人員提供簡單易明的風濕病資訊及管理教育，以改善國內對風濕病患者照顧的水平，讓醫護人員明白及時為病患者轉介至專科醫生及醫院的重要性。基金會和香港風濕病學學會在 2015 年 4 月到清遠市人民醫院舉行了一個為期兩天的研討會，在是次研討會上，香港和清遠市的醫護人員交流了很多治療風濕病的心得。





**HKARF JOCKEY CLUB PATIENT RESOURCE AND TRAINING CENTRE****香港風濕病基金會賽馬會病人資源及訓練中心**

HKARF Jockey Club Patient Resource and Training Centre in Nam Shan Estate, Sham Shui Po, was officially opened in October 2012.

HKARF organises a range of services to patients in the Centre and the Centre has become the home away from home of our volunteers and patients. The patient self-help groups also hold talks, yoga class, painting class and handicraft art class in the centre.

為風濕病患者的第二個家。此外，風濕科病人自助組織亦會於中心內舉辦不同的講座、瑜珈班、畫班及興趣班等，讓患者能透過參加活動及建立興趣，以紓緩痛楚及壓力。

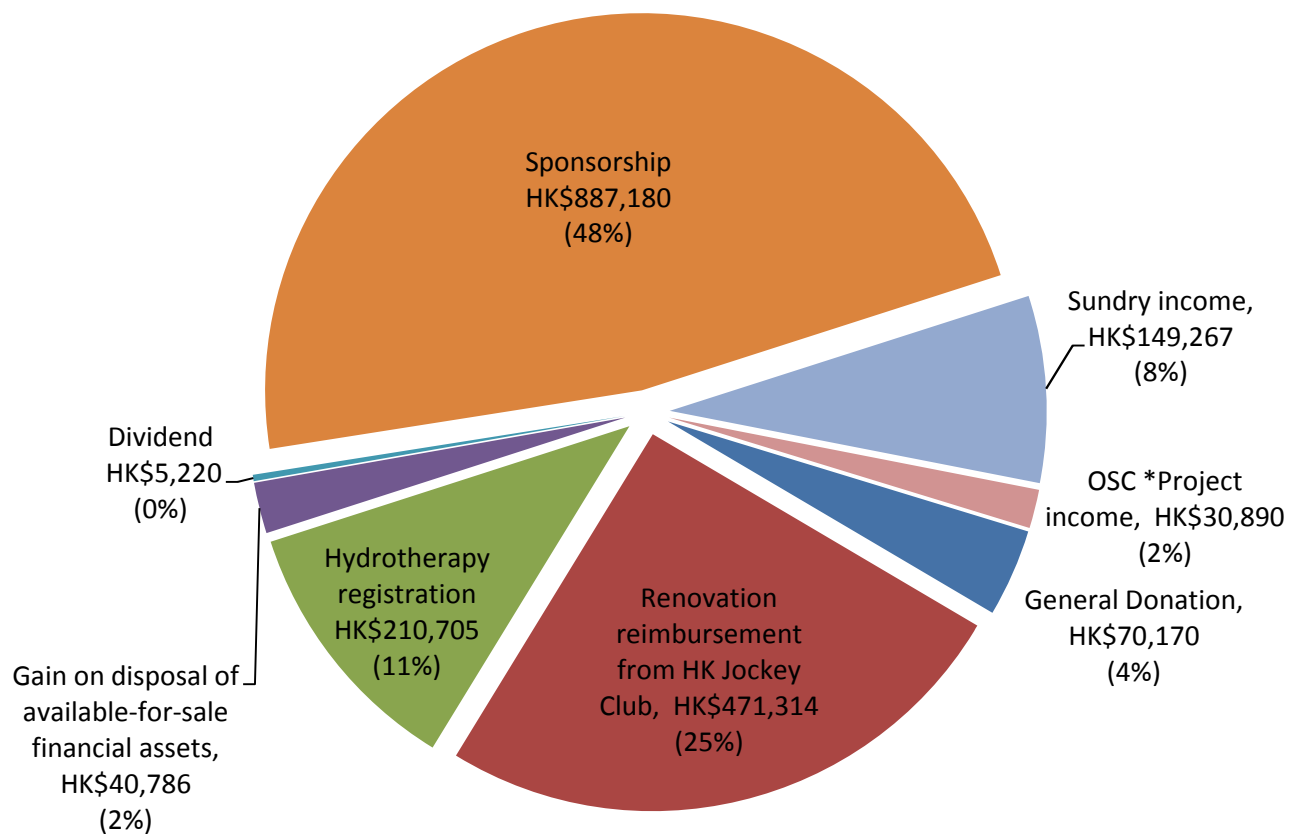




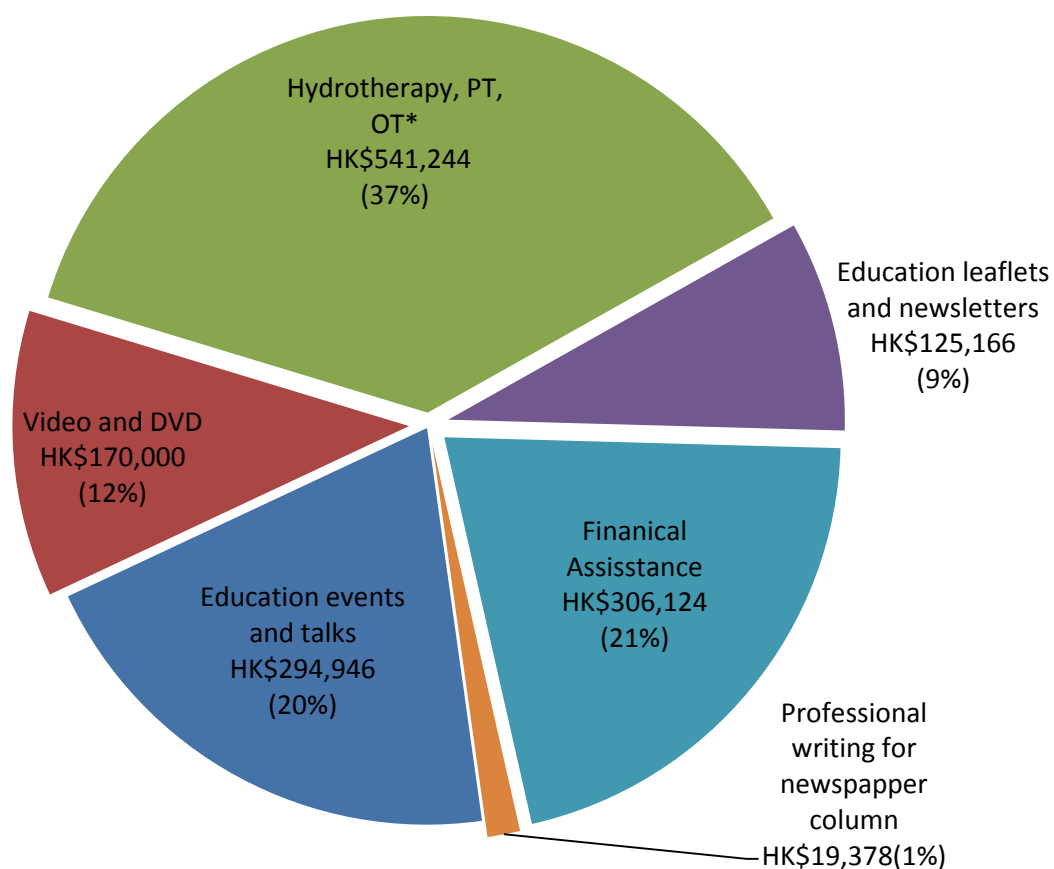
## FINANCIAL REPORT

### HIGHLIGHTS OF FINANCIAL ACTIVITIES (for the year ended 31 March 2015)

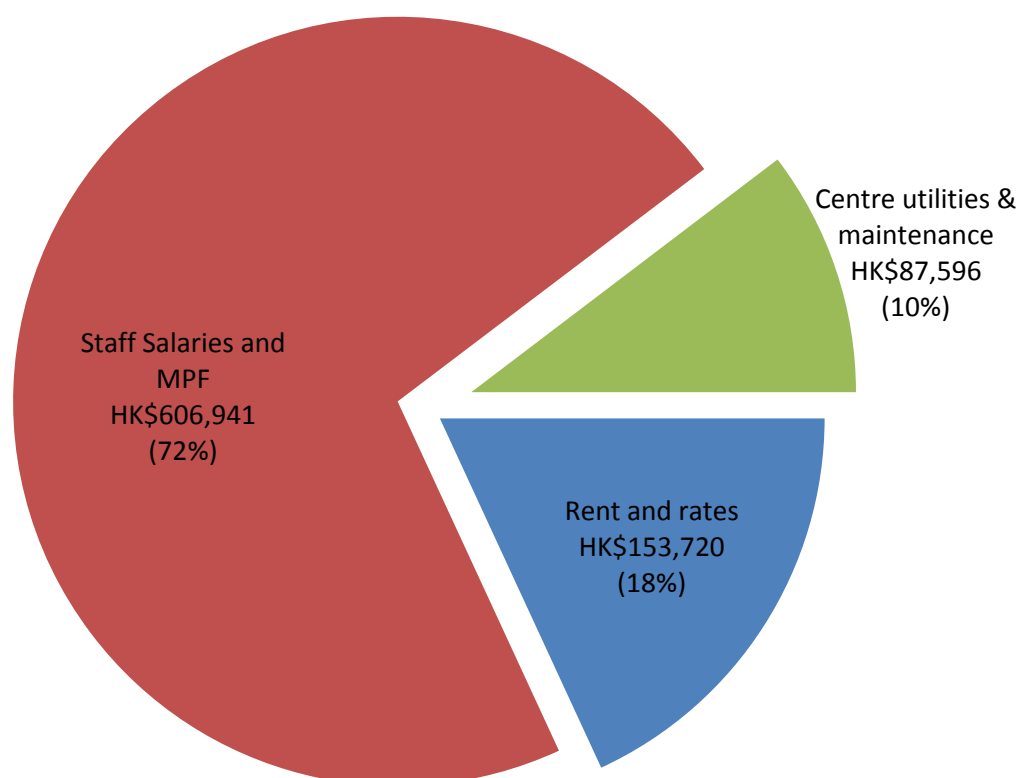
#### Income (Total = HK\$1,865,532)



\*OSC: Operation Santa Claus

**Patients' Service Expenditure (Total=HK\$1,456,858)**

\*PT: Physiotherapy exercise class; OT: Occupational therapy

**Administrative Expenditure**

**STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME  
FOR THE YEAR ENDED 31 MARCH 2015**

	<b>2015</b>	<b>2014</b>
	<b><u>HKD</u></b>	<b><u>HKD</u></b>
<b>INCOME</b>		
Book sales	3,180	670
Dividend income	5,220	25,418
Donation income	70,170	93,437
Donation income from Jockey Club	471,314	-
Hydrotherapy income	210,705	99,700
Gain on disposal of available-for-sale financial assets	40,786	-
OSC Project income	30,890	36,275
Sponsorship income	887,180	712,000
Sundry income	146,087	10,594
	<hr/>	<hr/>
	<b>1,865,532</b>	<b>978,094</b>
	<hr/>	<hr/>
<b>EXPENSES</b>		
Activities expenses	231,946	340,499
Advertisement	63,000	1,728
Bank charges	690	1,290
Cleaning	17,394	16,650
OSC Project expenses	541,244	556,930
Depreciation	286,032	286,032
DVD Production Cost	170,000	-
Grant to patients	306,124	280,681
Insurance	3,750	3,610
Mandatory provident fund	32,141	23,994
Professional fee	19,378	-
Printing and postage	125,166	157,057
Rent and rates	153,720	161,700
Repairs and maintenance	20,710	12,180
Salaries and allowances	574,800	511,191
Sundry expenses	10,560	14,801
Travelling	2,511	1,283
Telecommunications	18,328	18,389
Utilities expenses	13,653	12,849
	<hr/>	<hr/>
	<b>2,590,847</b>	<b>2,400,864</b>
	<hr/>	<hr/>
<b>DEFICIT FOR THE YEAR</b>	<b>(725,315)</b>	<b>(1,422,770)</b>
	<hr/>	<hr/>

## LOOKING AHEAD

As HKARF enters into its 15th year of operation in 2016, it will continue to be a major provider of community service and support for patients with arthritis and autoimmune disease in Hong Kong. We have formed a close partnership with self-help groups and the Hong Kong Society for Rehabilitation. We shall continue to work jointly with our volunteers and co-workers of HKSR in organizing hydrotherapy, exercise class, occupational therapy, and educational events.

Apart from providing financial assistance and therapy to our patients, we share the views of our medical and nursing colleagues that patients' education plays an important role in assisting our patients to manage their own disease. A series of videos on various rheumatic disease will be produced for distribution to patients attending outpatient clinics. Videos can also be viewed from the Foundation website. The writing and editing of our second book on Systemic Lupus Erythematosus are underway. The book will be released for sale in 2016.

The annual expenditure of the Foundation has increased to about 2.5 million dollars per year for the last 2 years. The number of patients attending our hydrotherapy classes has increased from 4,866 in 2013/14 to 5,292 patient-session in 2014/15. In order to meet the needs of our operations and to ensure continued development of the Foundation, priority will be given to fundraising to pursue public sector and private sector funding. I would like to offer very many thanks for members of the Fundraising Committee for accepting this challenging task.

Looking ahead, HKARF will celebrate its 15th Anniversary in 2016. We will continue to develop on an already solid groundwork as laid down by our predecessors.

# **Reports Of Permanent Committees**

**Education Committee**

**Fund-raising Committee**

**Patient Support Committee**

**Scientific Committee**



## **Report of the Education Committee (2014/15)**

### **1) International Arthritis Day 2014 – Carnival**

To celebrate the 2014 International Arthritis Day, a Carnival was held at Sun Yat Sen Memorial Park in Sheung Wan on 19 October, 2014. There were 6 game booths, 1 Information Counter and 1 booth for body painting. “Living Library” was also organised in which patients with rheumatism shared their experiences in rehabilitation with the public. More than 2,000 participants turned up for the event. The Ambassador 2014 Award ceremony was held during the day of the Carnival. Dr. David Lee (Siu-ming) shared his new songs, particularly “Joint Health” to disseminate the correct information related to arthritis and rheumatism. All the attendees enjoyed the game booths, the demonstration of joints exercises and the sharing in “Living Library”. The total expenditure for the event was \$150,836.60 while a total sponsorship of HK\$185,800.00 was collected. A surplus of \$34,963.40 was recorded for the event.

### **2) Educational Talks**

#### **2.1 Seasonal Public Talk Series**

A series of Talks on specific arthritis diseases was held each season throughout 2014-2015. The talks were organised with the assistance of the Community Rehabilitation Network of the Hong Kong Society for Rehabilitation, together with the related Patients Self-Help Groups. To defray expenses each talk was sponsored by a pharmaceutical company to cover all promoting and logistics costs. The details of the talks were as follows:

- a) SLE Treatment & Skin care (2014 Season 2)  
Date: 24 May 2014  
Venue: Auditorium, Christian Family Service Centre, Kwun Tong  
Speaker: Dr. Carrel Yu, Dr. Mimi Chang  
No. of participants: 93
- b) Scoliosis Treatment and Exercise (2014 Season 3)  
Date: 16 August 2015  
Venue: Auditorium, The Boys' & Girls' Club Association of Hong Kong  
Speaker: Dr. Michael To, Ms. Alice Chiu, Ms. Lee Lin  
No. of participants: 159
- c) Gout – Treatment and Care (2014 Season 4)  
Date: 10 January 2014  
Venue: Auditorium, Christian Family Service Centre, Kwun Tong  
Speaker: Dr. Ng Woon Leung, Ms. Lee Pik Fan  
No. of participants: 124

#### **2.2 Other Public Talks**

Other than seasonal talks, the Foundation would hold talks from time to time on different topics in order to provide most up to date information to the public. A total of 4 talks were held during the year:

- a) Rheumatoid Arthritis (RA) Talk - Treatment & Daily Care  
Date: 14 June 2014  
Venue: Room 1105-1106, Headquarters of Scout Association of Hong Kong  
Speaker: Dr. Lee Ka-lai, Ms. Kristan Leung (OT)  
No. of participants: 115

- b) Psoriatic Arthritis (PsA) Talk - Treatment and Medication  
Date: 20 September 2014  
Venue: Hall, Breakthrough Centre  
Speaker: Dr. Leung Moon Ho, Dr. Anna Yung  
No. of participants: 89
- c) Educational Talk – Treatment on Vasculitis  
Date: 2 November 2014  
Venue: Scout Association of Hong Kong  
Speaker: Dr. Douglas Lam, Dr. Priscilla Wong  
No. of participants: 77
- d) Systemic Lupus Erythematosus (SLE) Talk –SLE and Osteoporosis  
Date: 6 December 2014  
Venue: HKARF Jockey Club Patient Resource and Training Centre  
Speaker: Dr. Carrel Yu  
No. of participants: 45

### 3) **Patient Conference 2014**

To further promote awareness and better understanding of arthritis disease, the Foundation co-organised with the Community Rehabilitation Network (CRN) to hold a Patient Conference at Block Z, The Hong Kong Polytechnic University, on 20th July 2014. With the theme of “Well-rounded Discussion on Rheumatism”, different professionals were invited to share their knowledge and experiences on treating and caring rheumatic diseases. A total of 8 concurrent sessions separated into 4 series were conducted. There were 376 participants. The details of the conference were as follows:

#### 1st Series:

- 1) Biologics – Dr. Gavin Lee
- 2) Steroid – Dr. Carmen Ho

#### 2nd Series:

- 3) Vaccination and Infection Control – Dr. Ada Lin and Ms. Judy Yu
- 4) Family Planning – Dr. KY Ma and Ms. Gladys Kwok

#### 3rd Series:

- 5) Eye Disorders – Dr. Dexter Leung
- 6) Joint Replacement – Dr. WM Tang

#### 4th Series:

- 7) How to eat healthy? – Ms. Josephine Ho
- 8) How to sleep well? – Ms. Pauline Wan

### 4) **SLE Press Release and DVD launched**

To celebrate the World Lupus Day, the Foundation completed and released the SLE disease documentary DVD on May 2014. Also, a press release was conducted to increase the public awareness on SLE. Many patients with SLE worried about getting pregnant might affect their state of illness and the medication might influence the growth of fetus. The press brought out a positive message that patients could work or be pregnant if the illness was well-managed with regular checking.

**5) DVD Production –AS, RA, PsA & PT/OT**

Other than SLE, three disease documentary DVDs, each with a specific theme on AS, RA and PsA, were produced with the sponsorship by Pfizer Corporation Hong Kong Ltd and AbbVie Limited respectively. The documentary discussed the illness by interviewing patients, specialist physicians, specialist nurses, Chairman of HKARF and representatives of related self-help groups. Patients sharing focused on their feelings and individual experiences to fight against the disease while professionals introduced the symptoms, diagnosis to treatment and risk factors of that disease. The first DVD on SLE was completed and released on May 2014 while the second DVD on AS was issued on December 2014. Others would be launched in 2015. 2,000 copies of each issue would be distributed to arthritis patient self-help groups, hospitals, and any interesting parties upon request.

Besides, an educational DVD on Physiotherapy (PT) and Occupational Therapy (OT) was planned to produce with the sponsorship by four pharmaceutical companies including AbbVie Limited, Bristol-Myers Squibb Pharma (HK) Limited, Roche Hong Kong Limited and UCB Pharma (HK) Limited. The DVD discussed how PT treatment and exercises were able to help patients to release pain due to arthritis diseases and OT provided information on joint protection to prevent deformity. It was expected to be launched in December 2015 with 5,000 copies.

**6) 4th Ambassador Election**

Patients suffered from arthritis and rheumatic diseases have chronic pain and most of them feel upset of the long-term treatment. Some never gave up the fight and continued treatment positively to take charge of their diseases. The Foundation would like to recognize their positive attitude and active participation in voluntary work by organizing the HKARF Ambassador election. The ambassadors would represent the Foundation and all patients with arthritis and rheumatism to pass on their experience to peers and the public. The fourth batch of HKARF Ambassador was elected in 2014. Four ambassadors was awarded as follows,

1. Mr. Anthony Ho, a patient with Psoriatic Arthritis
2. Mr. Kevin Lee, a patient with Ankylosing Spondylitis
3. Ms. Wong Siu Wan, a patient with Systemic Lupus Erythematosus
4. Mr. Kendy Yeung, a patient with Ankylosing Spondylitis

**7) Train the trainer workshop**

The 1<sup>st</sup> train the trainer workshop was held on 6 May 2014 at the Foundation centre. There were 31 participants. Core members and potential successor of patient self-help groups were invited to discuss the difficulties in developing the groups and possible solutions. Dr. Gavin Lee gave a short talk on latest development in treatment to assist self-help group committee to answer new members and the public's enquiries. Ms. Joyce Man and Ms. Christine Leung, registered social workers of CRN, facilitated the participants to consider potential challenges in cooperating with other associations as well as developing the self-help groups. Through the sharing and discussion, participants were inspired and came up with some solutions to adjust their strategies in operating the groups.

**8) RTHK Programme “精靈一點” interview**

From 6 June to 11 July 2014, the Foundation undertook a series of interviews at RTHK programme “精靈一點”. Different doctors and the Foundation's ambassadors were invited to promote the correct information related to rheumatic diseases and the election of 4<sup>th</sup> Ambassador. A total of 6 interviews were broadcasted.

9) **New TV infotainment and Advertorials on AM730**

The Foundation produced 6 new TV infotainments on the topic of common fallacies of arthritis disease to raise the public concern. They were broadcasted on TVB HD Jade from November to December 2014 in sequence. Corresponding to the infotainments, 6 articles were published at AM730 to further explain the common fallacies as well as promote the infotainments. The details are as follows:

1. "Steroid" by Dr. Mok Chi-chui and Dr. Lee Ka-lai, broadcasted on Nov 17-20, 2014
2. "Pain killer" by Dr. Ng Woon-leung and Ms. Lee Pik-fan, broadcasted on Nov 20-23, 2014
3. "Health care product" by Prof. Tam Lai-shan and Ms. Leung Wai-yan, broadcasted on Nov 23-26, 2014
4. "Back pain" by Dr. Shirley Ying and Ms. Joyce Choi, broadcasted on Nov 26-29, 2014
5. "Patients' age" by Dr. Daniel Ng and Dr. Alexandre Leung, broadcasted on Nov 29 - Dec 2, 2014
6. "Get wet or not" by Dr. Tommy Cheung and Dr. Carmen Ho, broadcasted on Dec 2-5, 2014

10) **Publication of Newsletters 'Arthritis Care'**

Two issues of the bi-annual Foundation Newsletter were published in July 2014 and December 2014 respectively. These Newsletters covered the latest news of the Foundation, as well as updated information on patient support activities and educational materials. 5,000 copies of each issue were distributed to arthritis patient self-help groups, members of Hong Kong Society of Rheumatology, donors, volunteers, hospitals and other related organizations.

11) **Ultrasound Training Workshop**

Ultrasound was a useful technique which gained importance in early diagnosis, monitoring disease progress and response to treatment in rheumatic diseases recently. Co-organised by the Foundation and the Hong Kong Society of Rheumatology, ultrasound training workshops were held periodically to enhance specialists in rheumatology the ultrasound scanning technique.

12) **St. John's Carnival**

In order to raise the public concern about arthritis diseases, the Foundation joined the Hong Kong St. John Ambulance Brigade Cadet Command's Carnival held from 1 February 2015 at Lingnan University Alumni Association (Hong Kong) Primary School, by providing a booth in which we arranged bone-density checking of visitors.

## **Report of the Fundraising Committee (2014/15)**

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. Fundraising in different ways is important for us to continue our ongoing programmes and develop new initiatives.

### **1) General Donation**

As there were 6 new TV infotainment launched and 10 public talks were held in 2014/15, the publicity of the Foundation did raise and let the public have a clear understanding of the Foundation's works and also attract more donors. In 2014/15, the general donation to the Foundation was HK\$30,652.70.

### **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. HK\$1,780 donation was collected from this platform.

### **3) Donation Boxes at SOGO Supermarket**

With the kind permission of the SOGO Department Store, two donation boxes were placed at the Causeway Bay SOGO Supermarket shroff counters to collect donations from shoppers. In 2014/15, the donation collected was HK\$22,577.50.

### **4) PayPal Online Donation Platform**

Nowadays internet was a part of our daily life, it was convenient for donors to make donation online. Thus, the Foundation joined PayPal platform provided a secure and easy method for donation since March 2013. In 2014/15, the donation collected was \$15,159.80.

### **5) Charity Dinner 2015**

The Foundation's Charity Dinner was held on 30 September 2015 at the Mira Hotel Ballroom. This turned out to be extremely successful and a record total of 300 guests turned up 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 superb performance of singing by famous artist Joe Junior. Total donations and income amounted to \$3.19 million, and a net proceed of \$2,856,663.00 was recorded after expenses.

However, while the preparation and organization of the event were working in the year 2014/15, accounts for this Dinner would be reported as income and expenditure for the 2015/16 financial year.



## **Report of the Patients Support Committee (2014/15)**

The Foundation continued to provide financial assistance to needy patients under the Patient Support Fund and Expensive Support Scheme. The former helped patients to purchase self-finance drugs prescribed by Hospital Authority doctors, to buy rehabilitation devices or to undertake necessary home modification works when these were not subsidized by the public hospitals or by the Social Welfare Department. The latter, cooperating with pharmaceutical companies, provided discounts to patients to buy certain expensive drugs with specialists' referral and assessment of medical social workers.

Further, the Foundation continued to support patient groups to organise various activities to encourage the well-being of arthritis and rheumatism patients through the Patients Activity Fund.

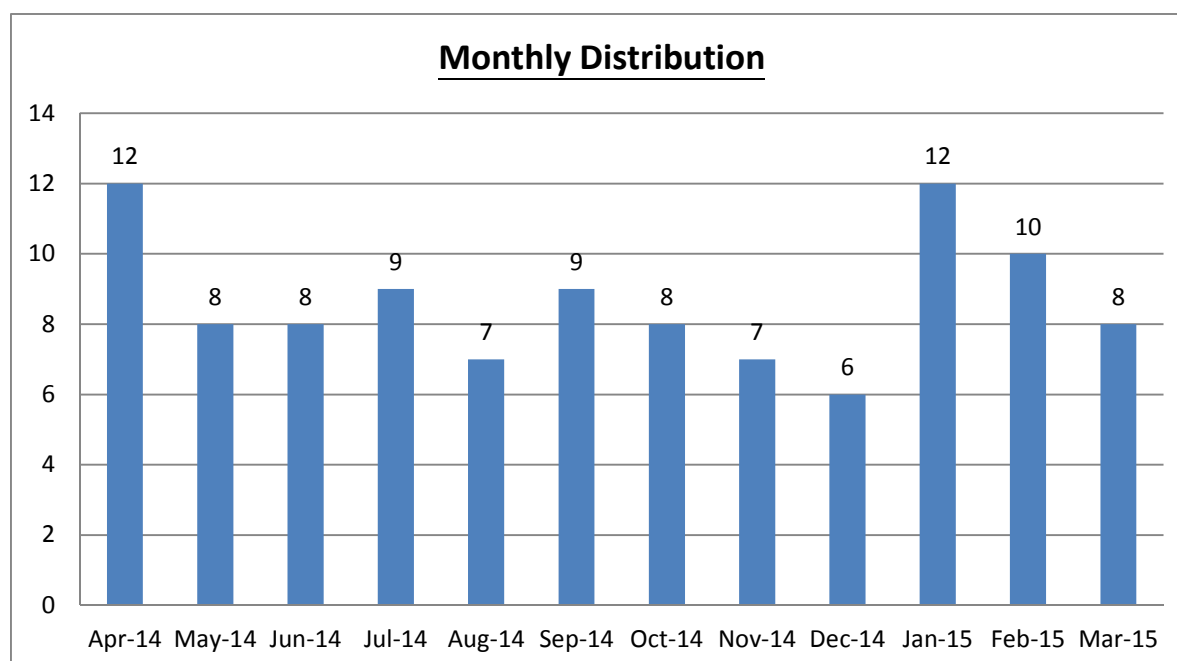
Other than continuing with the popular hydrotherapy programmes, the Foundation held Physiotherapy Exercise classes, and provided regular individual consultation and assessment sessions by Occupational Therapist to help patients improve their chronic condition. Besides, hypnotherapy classes and art therapy classes were held during the year in the HKARF Jockey Club Patient Resource and Training Centre for patients to manage the chronic diseases and improve their lives.

### **1 Patient Support Fund**

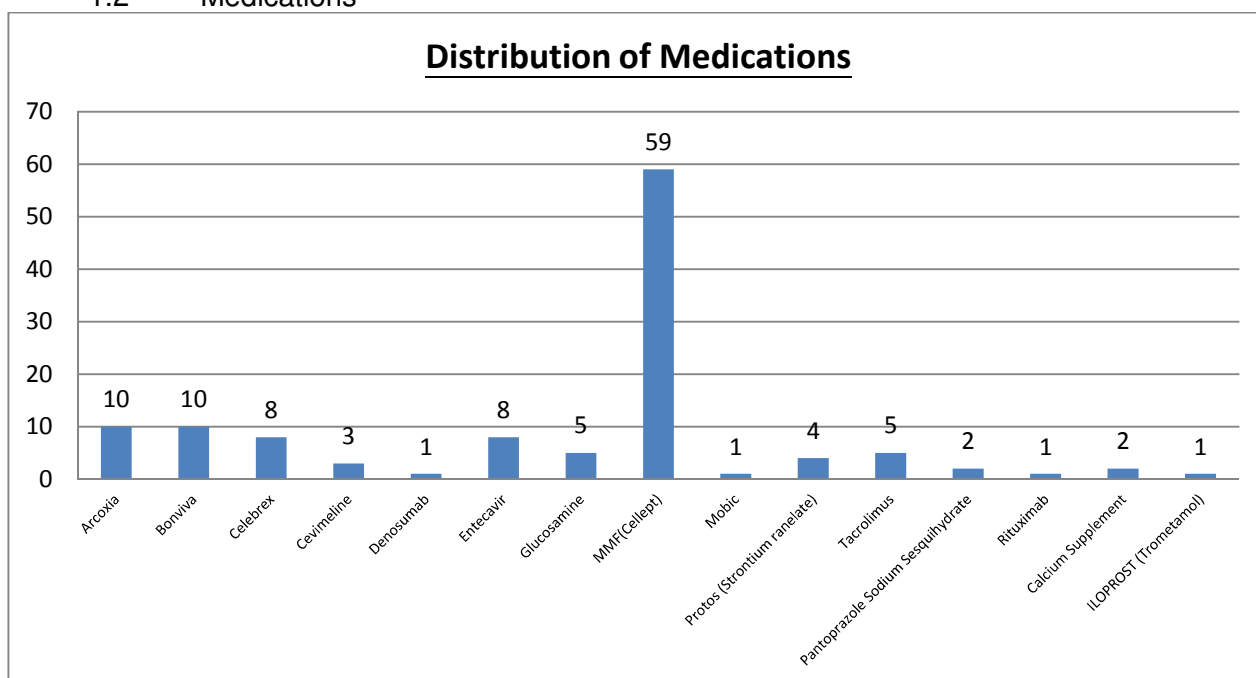
The aim of the Patient Support Fund is to provide financial assistance to needy patients to procure medications, including non-government subsidized medications, to purchase devices for arthritis rehabilitation, and to arrange for necessary home modifications. The applicant must be a Hong Kong resident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

#### **1.1 Total approved applications and amount from 1 April 2014 to 31 March 2015:**

<b>Total number of application received:</b>	<b>104</b>	<b>Approved:</b>	<b>103</b>
		<b>Rejected:</b>	<b>1</b>
<b>Total amount:</b>		<b>HK\$ 179,726.10</b>	
<b>Total no. of patients benefited:</b>		<b>36 (9 new patients)</b>	



## 1.2 Medications

2 **Expensive Drug Support Scheme**

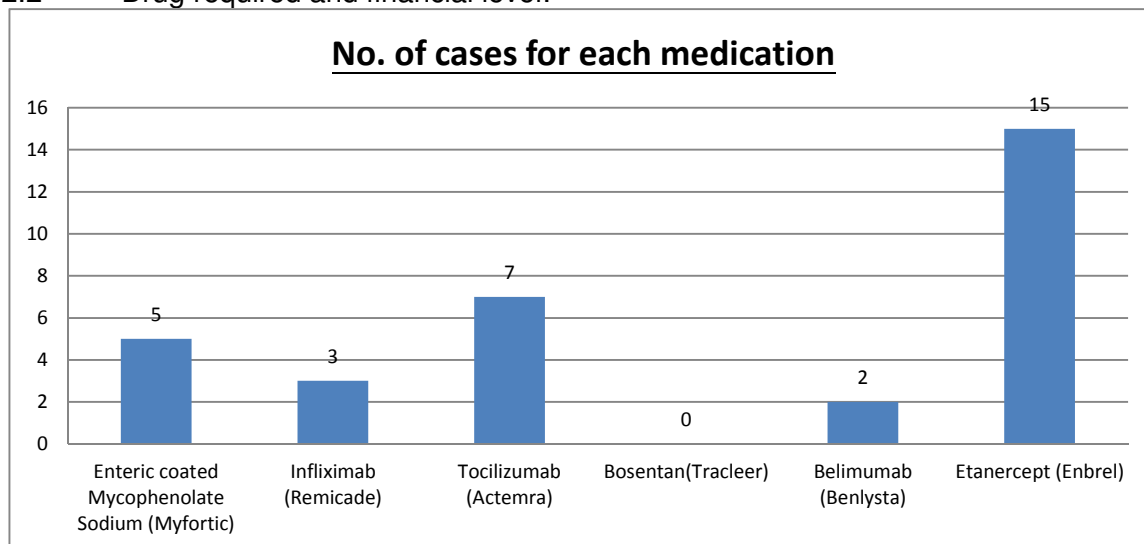
The HKARF also partnered with pharmaceutical companies to provide, through the Foundation's referrals, expensive drugs, particularly the expensive biological drugs, to needy patients at a much reduced price. No direct financial subsidy was provided by the Foundation. This year, the ADFR (Annual Disposable Financial Resources) limit of existing drugs was renewed to benefit more patients. The 6 drugs under the scheme were listed below:

- |  |                          |
|--|--------------------------|
| 1. Infliximab (Remicade®)                          | 2. Etanercept (Enbrel®)  |
| 3. Tocilizumab (Actemra®)                          | 4. Belimumab (Benlysta®) |
| 5. Enteric coated Mycophenolate Sodium (Myfortic®) | 6. Bosentan (Tracleer®)  |

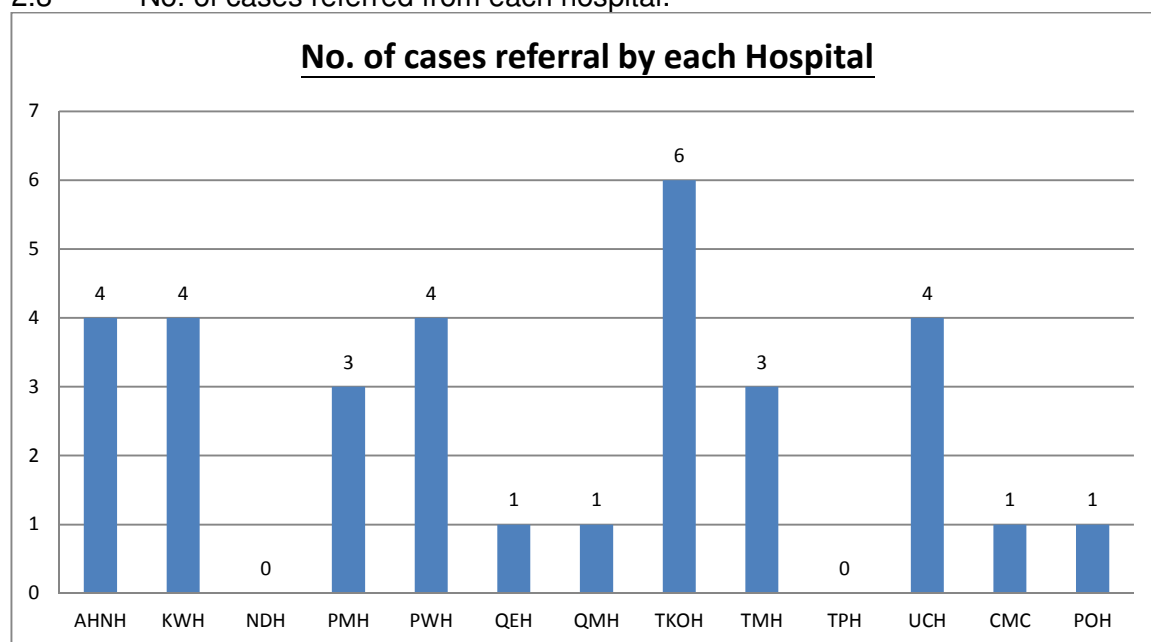
2.1 Total number of applications received from **1 April 2014 to 31 March 2015**:

**Total number of application received: 32      Approved: 32**

2.2 Drug required and financial level:



## 2.3 No. of cases referred from each hospital:



AHNH – Alice Ho Miu Ling Nethersole Hospital  
 KWH – Kwong Wah Hospital  
 NDH – North District Hospital  
 PMH – Princess Margaret Hospital  
 PWH – Prince of Wales Hospital  
 QEH – Queen Elizabeth Hospital

QMH – Queen Mary Hospital  
 TKOH – Tseung Kwan O Hospital  
 TMH – Tuen Mun Hospital  
 TPH – Tai Po Hospital  
 UCH – United Christian Hospital

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 2014 to 31 March 2015:**

Number of application received: 0

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 organise activities that promote the well-being of the patients suffering from arthritis and rheumatism.

Allocations of Activity Fund **from 1 April 2014 to 31 March 2015:**

**Total number of applications received: 4**

**Approved: 4**

**Support Amount**

HK Ankylosing Spondylitis Association	HK\$ 1,500.00
B27 Association	HK\$ 5,000.00
HK Paediatric Rheumatism Association	HK\$ 3,920.00
HK Lupus Association	HK\$ 5,000.00

HK Ankylosing Spondylitis Association

HK\$ 3,500.00

**Total:****HK\$ 18,920.00****5 Psychosocial Programme – Arthritis Buddy Helpline**

The support arthritis helpline service was launched in November 2010. The support line operation was divided into 2 parts. First, patients could contact the volunteers for inquiry and sharing their experiences. When the callers agreed, a mentors programme would be introduced to them and there would be a specific experienced patient mentor, who had undergone special training sessions by Prof Peter Lee of the University of Hong Kong and selected by the Foundation, who would contact the caller in the coming three months to provide more information and acting as a “friend” to help the caller.

Most callers found that the volunteers could provide useful and up-to-date arthritis related information. They had better understanding on what should do if they had doubts on their health condition and released stress in the meantime.

Report on the Arthritis Helpline **from 1 April 2014 to 31 March 2015:**

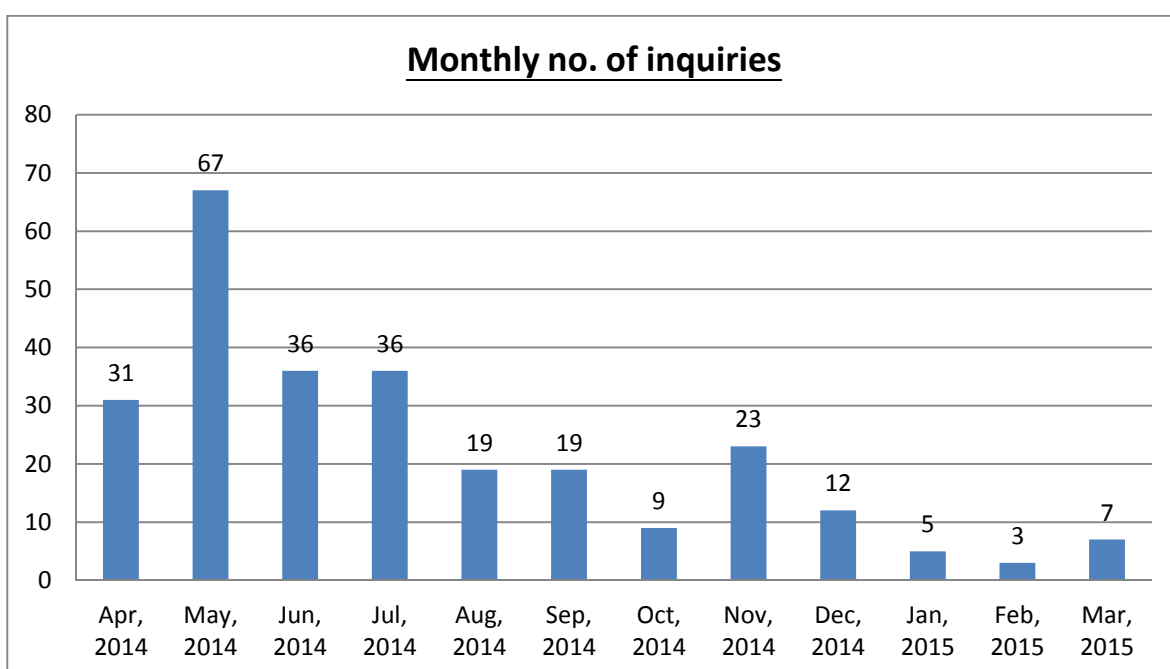
**Total number of incoming calls: 267**

Joined “Arthritis Buddy” programme: 0

Average duration of a call: 9.99 mins

Types of Inquiry: (some callers had more than one enquiry)

Patients groups and other organization:	8
Hydrotherapy class:	5
Disease information:	136
Pour out to volunteers:	1
Financial Support:	11
Rheumatoid Specialists:	70
Drugs:	15
Other:	61



## 6 Website Q&A and Email Enquiry

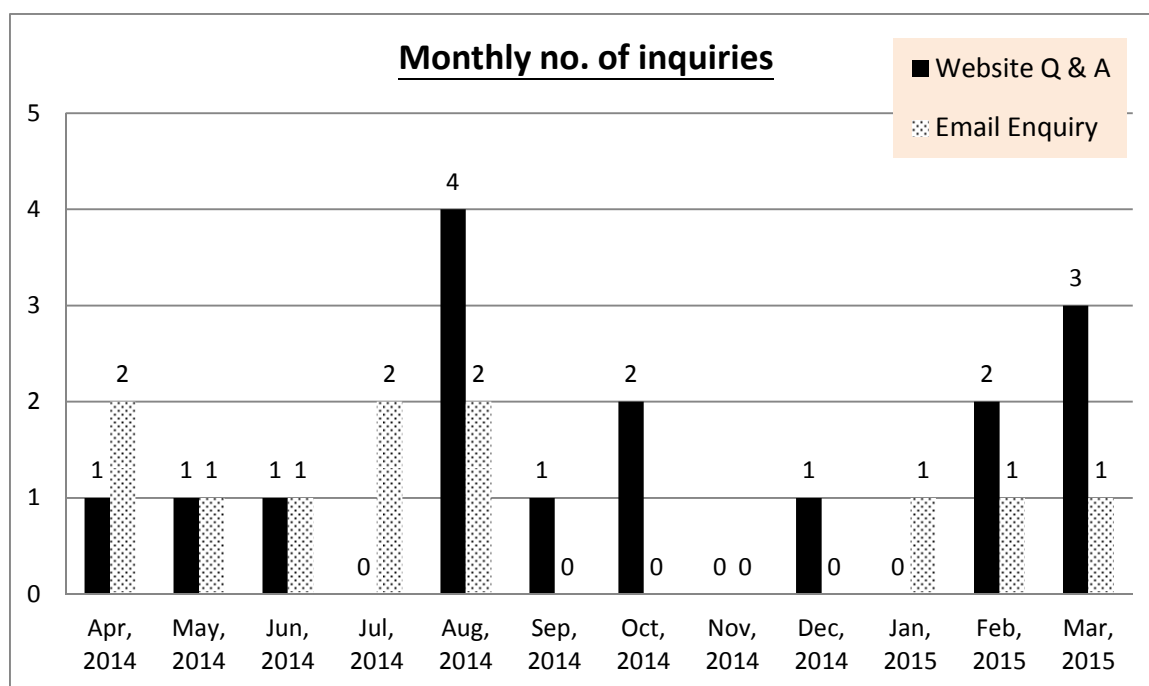
In order to help the public and patients to reduce the worried and concern about the diseases, there is a Q&A session at the Foundation's website. Also, the patients could send their inquiries or questions to us by email. Those questions would be answered by Dr. Emily KUN, our Hon. Advisor, and replied the enquirers by email or post to the website.

Report on Website Q&A from 1 April 2014 to 31 March 2015:

**Total number of inquiries: 16**

Report on Email Enquiry Q&A from 1 April 2014 to 31 March 2015:

**Total number of inquiries: 11**



## 7 Hydrotherapy Programme

The HKARF recognized the benefits of water exercise for improving the joint health of the patients and therefore launched the hydrotherapy programme for the patients referred by rheumatic doctors and 5 Patient Self-Help Groups. 8 classes per week each for about 11 patients were conducted under the supervision and training of qualified physiotherapists at the hydrotherapy pool of the Queen Elizabeth Hospital (QEH) and 2 classes per week at the Pamela Youde Nethersole Eastern Hospital (PYNEH). This year, 2 new classes, each for 6 patients per week, at Pok Oi Hospital (POH) were commenced. As the programme was very popular and many patients benefited, the Foundation would explore any opportunities to expand the programme. The programme was supported by Operation Santa Claus.

Report of Hydrotherapy Programme 2014 from 17 February 2014 to 12 February 2015

**Total number of days:** 282      **Total number of lessons:** 564

**Total number of attendances:** 5,292      **Total number of beneficiaries:** 349



Phase	Total no. of Enrollment	QEH max capacity Phase 1: 112 Phase 2-6: 88	PYNEH max capacity: 24	POH max capacity: 12	Enrolled through self-help groups	Enrolled through HKARF (new comers)	Enrolled through HKARF (repeaters)	No. of new referral cases	No. of withdrawal
1	124	88	24	12	102	19	3	20	1
2	124	88	24	12	103	18	3	20	2
3	124	88	24	12	101	17	6	18	1
4	124	88	24	12	95	26	3	29	4
5	124	88	24	12	101	15	8	20	5
6	123	88	24	11	100	16	7	18	2
<b>Total</b>	<b>743</b>	<b>528</b>	<b>144</b>	<b>71</b>	<b>602</b>	<b>111</b>	<b>30</b>	<b>125</b>	<b>15</b>

### Hydrotherapy class referrals from 2 March to 31 March 2015

Total number of new referral cases: 34

Phase	Total no. of Enrollment	QEH max capacity: 88	PYNEH max capacity: 24	POH max capacity: 12	Enrolled through self-help groups	Enrolled through HKARF (new comers)	Enrolled through HKARF (repeaters)	No. of new referral cases	No. of withdrawal
1	120	88	24	8	98	11	11	19	8
<b>Total</b>	<b>120</b>	<b>88</b>	<b>24</b>	<b>8</b>	<b>98</b>	<b>11</b>	<b>11</b>	<b>19</b>	<b>8</b>

## 8 Other Training Programmes funded by Operation Santa Claus

### 8.1 PT Exercise Class

Physiotherapists supervised Exercise Classes were conducted for patients in our centre from 19 February 2014 to 11 February 2015:

Phase	Total no. of participants	New comers	Repeaters	Class for clients with autoimmune disease (max capacity =16)	Class for clients with osteoarthritis (max capacity Ph.1-8 = 8; except Ph.3=16)	No. of new cases referral	No. of withdrawal
1	18	8	10	14	4	11	3
2	23	8	15	16	7	9	1
3	19	4	15	15	4	5	1
4	20	7	13	16	4	7	0
5	22	6	16	16	6	9	3
6	16	2	14	14	2	4	2
7	22	7	15	16	6	7	0
8	19	2	17	16	3	2	0
<b>Total</b>	<b>159</b>	<b>44</b>	<b>115</b>	<b>123</b>	<b>36</b>	<b>54</b>	<b>10</b>

**PT Exercise Classes 2015 from 4 March to 31 March 2015:**

Total number of new cases referral: 8

Phase	Total no. of participants	New comers	Repeaters	Class for clients with autoimmune disease (max capacity =16)	Class for clients with osteoarthritis (max capacity Ph.1-8 = 8; except Ph.3=16)	No. of new cases referral	No. of withdrawal
1	19	5	14	16	3	5	0
2	22	3	19	14	8	3	0
<b>Total</b>	<b>41</b>	<b>8</b>	<b>33</b>	<b>30</b>	<b>11</b>	<b>8</b>	<b>0</b>

## 8.2 OT Consultation Service

OT Consultation and Assessment Sessions were held for individual patients **from 1 April 2014 to 31 March 2015:**

**Total number of new referral cases:23**

Enrolled: 20                      Withdrawn: 3

Total number of sessions served: 25

Total number of splints made: 25

Finger	Resting	Working	Splint	Night
11	7	2	1	4

Current waiting time for new appointment: 4 weeks

## 8.3 Health Check Day

The first Health Check Day: **26 April 2014**

**Total number of participants: 44**

Checking items:

- 1) Bone density checking
- 2) Uric Acid checking
- 3) Balance test
- 4) Body flexibility
- 5) BMI

After checked the above 5 items, there would be a physiotherapist to explain the report. At the end, a physiotherapist would teach participants suitable exercise that could be practiced at home.

Besides, CRN provided simple body checking for participants including measurement of BMI, blood pressure, fat ratio and pulse. The Hong Kong Physiotherapy Association provided body flexibility to examine the physical strength of participants.

#### 8.4 Hypnotherapy Classes

Hypnotherapy Classes were conducted for interested patients in groups from **1 April 2014 to 31 March 2015**:

**Total number of cases referral: 5**

Total number of withdrawal: 0

Class	Date & Time	No. of Enrollment
2014 Phase 1	13 May – 5 Jun 2013, 7:00pm – 9:00pm	5

#### **Total Expenditure during the period 1 April 2014– 31 March 2015**

	Approved Cases	Approved Amount
1. Patient Support Fund	103	HK\$ 179,726.10
2. Expensive Drug Support Scheme	32	
3. Emergency Fund	0	HK\$ 0.00
4. Activity Fund	4	HK\$ 18,920.00
5. “Arthritis Buddy” Helpline (Volunteers allowance)		HK\$ 3,240.00
6. “Arthritis Buddy” Helpline (equipment)		HK\$ 0.00
<b>Net Expense:</b>		<b><u>HK\$ 201,886.10</u></b>

#### **Programme supported by OSC**

##### **A. PT/OT/hypnotherapy/art therapy**

##### **Income: (Started from Sep 2012)**

1. OSC Funding	HK\$	382,944.00
2. PT Class 2012 participants' fee	HK\$	8,640.00
3. PT Class 2013 participants' fee	HK\$	13,050.00
4. PT Class 2014 participants' fee	HK\$	27,675.00
5. OT 2012 consultation fee	HK\$	1,250.00
6. OT 2013 consultation fee	HK\$	1,300.00
7. OT 2014 consultation fee	HK\$	2,810.00
8. Hypnotherapy Group 2012 participants' fee	HK\$	990.00
9. Hypnotherapy Group 2013 participants' fee	HK\$	4,950.00
10. Hypnotherapy Group 2014 participants' fee	HK\$	1,350.00
11. Art Therapy Group 2012 participants' fee	HK\$	4,200.00
12. Receive reimbursement from patients for purchase equipment	HK\$	8,469.80
	<b><u>HK\$</u></b>	<b><u>457,628.80</u></b>

##### **Expense:**

1. Promotion leaflets	HK\$	28,359.30
2. PT/OT Insurance 2012	HK\$	4,000.00
3. PT/OT Insurance 2013	HK\$	4,000.00
4. PT/OT Insurance 2014	HK\$	4,000.00
5. OT equipment and materials	HK\$	25,988.50
6. PT equipment and materials	HK\$	25,465.52
7. PT fee 2012	HK\$	13,860.00
8. PT fee 2013 (phase 1-7)	HK\$	27,720.00
9. PT fee 2014 (phase 1-8)	HK\$	63,690.00
10. OT fee (Ms Kristan Leung)	HK\$	17,000.00
11. OT fee (Ms Joy Lau)	HK\$	22,000.00
12. Art therapy materials	HK\$	3,941.52
13. Art therapy refund participants fee	HK\$	5,760.00
14. Art therapist fee	HK\$	1,000.00
15. Hypnotherapy materials	HK\$	2,800.00
16. Hypnotherapy refund participants fee	HK\$	3,120.00

**Expense: (continue)**

17. Health Check Day (PT fee and equipment)	HK\$	56,400.00
18. PT exercise equipment for participants	HK\$	7,288.00
19. Account Payable (OT materials)	HK\$	11,300.00
	<b>HK\$</b>	<b><u>327,692.84</u></b>

**OCS Funding Remaining (PT/OT):****HK\$ 129,935.96****B. Hydrotherapy****Income: (Started from July 2012)**

1. OSC Funding	HK\$	547,150.00
2. Hydrotherapy program 2012 participants' fee (Ph 4-6)	HK\$	86,040.00
3. Hydrotherapy program 2013 participants' fee	HK\$	107,740.00
4. Hydrotherapy program 2014 participants' fee	HK\$	189,465.00
	<b>HK\$</b>	<b><u>930,395.00</u></b>

**Expense:**

1. Hydrotherapy program 2012 – Insurance	HK\$	3,000.00
2. Hydrotherapy program 2012 (PT fee Phase 4-6)	HK\$	84,700.00
3. Hydrotherapy program 2012 (Refund participants fee)	HK\$	480.00
4. Hydrotherapy program 2012 – QE Pool Rental (ph. 4-5)	HK\$	42,600.00
5. Hydrotherapy program 2012 – KH Pool Rental (ph.6)	HK\$	22,000.00
6. Hydrotherapy program 2013 – Insurance	HK\$	3,000.00
7. Hydrotherapy program 2013 (PT fee Phase 1-6)	HK\$	179,410.00
8. Hydrotherapy program 2013 – QE Pool Rental (ph. 1-3)	HK\$	67,200.00
9. Hydrotherapy program 2013 – QE Pool Rental (ph. 4-6)	HK\$	63,700.00
10. Hydrotherapy program 2014 – Insurance	HK\$	4,500.00
11. Hydrotherapy program 2014 (PT fee Phase 1-6)	HK\$	204,160.00
12. Hydrotherapy program 2014 (PT fee for POH)	HK\$	37,600.00
13. Hydrotherapy program 2014 – QE Pool Rental (ph. 1-6)	HK\$	134,400.00
14. Hydrotherapy program 2014 – POH Pool Rental (ph.1-3)	HK\$	24,300.00
15. Hydrotherapy program 2014 (Refund participants fee)	HK\$	720.00
16. Hydrotherapy program 2014 Promotion Posters	HK\$	2,000.00
17. Hydrotherapy program (Storage box at QE)	HK\$	95.90
18. Account Payable (PYNEH Pool Rental)	HK\$	98,800.00
	<b>HK\$</b>	<b><u>972,665.90</u></b>

**Funding Remaining (Hydrotherapy):****HK\$ (42,270.90)****OSC Total Funding Remaining:****HK\$ 87,665.06**

*(Note: Expenses for hiring of pools and PT service incurred during the year were settled after the financial year, and therefore were not recorded for in the accounts of 2014/15)*

## **Report of the Scientific Committee (2014/15)**

### **1) HKARF/HKSR Scholarships**

The HKARF/HKSR Scholarship was provided jointly by the Hong Kong Society of Rheumatology and the Foundation, to rheumatologists and allied-health professionals in Hong Kong, in the field of Rheumatology to pursue training overseas.

Applicants must be full time medical doctors in rheumatology training or full time allied health professionals including nurses, occupational therapists, physiotherapists, dieticians who are involved in rheumatology service. For trainees, only rheumatology trainees undertaking a supervised training program under the Hong Kong College of Physicians are eligible to apply. The deadline for applications has been set to 30 June every year.

On June 2014, application from Dr. Priscilla Wong, a full time specialist in rheumatology, was approved. She applied for the scholarship to enhance the skills on practicing ultrasound technique in diagnosis and treatment of rheumatic diseases at Centre for Experimental Medicine & Rheumatology, William Harvey Research institute, Barts and The London School of Medicine & Dentistry, Queen Mary University of London for a total of 6 months from 1 July 2014 to 31 December 2014. The amount of grant for 6-months' training was HK\$60,000 in which the Society and the Foundation contributed HK\$55,000 and HK\$5,000 respectively. The first installment of grant (HK\$30,000) was given to Dr. Wong on July 2014.

### **2) Newsletter for Healthcare Professionals: CHARM**

As a means of education and provision of updated information regarding management of rheumatic diseases to health care professionals, annual issues of a 'topic-focused' medical bulletin for professionals named CHARM, representing CARE, HEALTH and ARTHRITIS and RHEUMATISM MANAGEMENT, have been launched since February 2009. The newsletter was disseminated to multi-disciplinary healthcare workers involved in the management of patients with rheumatic diseases. Each issue involves articles from cross-disciplines including Rheumatology, Paediatrics Rheumatology, Orthopaedic surgery, Physiotherapy, Occupational therapy and Rheumatology nursing.

Since the last year-end, one issue of CHARM sponsored by Merck Sharp & Dohme (Asia) Ltd was published:

September 2014 – Sjögren's syndrome

Around 3,000 copies of each issue of CHARM were printed and distributed to the hospitals and various professional organizations including rheumatologists, orthopaedic surgeons, physiotherapists, occupational therapists, paediatricians, nurses. Some copies were also sent to those who contributed to the production cost of the magazine.

# Appendix

## Activity List 2014/15



## HKARF Activity List 2014/15

Date	Event	Committee
26 April 2014	Health Check Day No. of participants: 44 Venue: HKARF Jockey Club Patient Resource & Training Centre	Patient Support Committee
6 May 2014	Train the trainer workshop No. of participants: 31 Venue: HKARF Jockey Club Patient Resource & Training Centre	Education Committee
21 May 2014	SLE Press Release & SLE DVD launched	Education Committee
24 May 2014	Seasonal Educational Talk – SLE Treatment & Skin care Speaker: Dr. Carrel Yu Dr. Mimi Chang No. of participants: 93	Education Committee
6 Jun – 11 Jul 2014 (Every Friday)	RTHK Programme “精靈一點” interview	Education Committee
14 June 2014	Educational Talk – RA Treatment & Daily Care Speaker: Dr. Lee Ka-lai Ms. Kristan Leung (OT) No. of participants: 115	Education Committee
July 2014	Newsletter – Arthritis Care Vol. 19 No. of issues: 5,000	Newsletter Sub-committee
12 July 2014	Ultrasound Training Workshop (Cooperated with HKSR) No. of trainees: 8 No. of volunteers: 24	Education Committee
20 July 2014	Arthritis Patient Conference Guest of Honour: Dr. Ko Wing-man Prof Lau Chak-sing Speaker: Dr. Gavin Lee Dr. Carmen Ho Dr. Ada Lin Ms Judy Yu Dr. Ma Kai-yiu Ms. Gladys Kwok Dr. Dexter Leung Dr. Tang Wai-man Ms. Josephine Ho Ms. Pauline Wan No. of participants: 376	Education Committee
August 2014	HKARF 4 <sup>th</sup> batch Ambassador Election	Education Committee
16 August 2014	Seasonal Educational Talk – Scoliosis Treatment and Exercise Speaker: Dr. Michael To Ms. Alice Chiu (PT) Ms. Lee Lin (PT) No. of participants: 159	Education Committee
September 2014	Newsletter – CHARM Vol. 9 No. of issues: 3,000	Scientific Committee

Date	Event	Committee
20 September 2014	Educational Talk – PsA Treatment and Medication Speaker: Dr. Leung Moon-ho Dr. Anna Yung (pharmacist) No. of participants: 89	Education Committee
4 October 2014	Ultrasound Training Workshop (Cooperated with HKSR) No. of trainees: 8 No. of volunteers: 24	Education Committee
4 – 5 October 2014	Qingyuan hospital visit for China Education Service	China Service sub-committee
19 October 2014	IAD 2014 Carnival Venue: Sun Yat Sen Memorial Park No. of participants: 2,000	Education Committee
2 November 2014	Educational Talk – Treatment on Vasculitis Speaker: Dr. Lee Tsz-yan, Samson Dr. Tse Cheuk-wa, Chad No. of participants: 104	Education Committee
8 Nov – 20 Dec 2014 (Every Saturday)	Arthritis Self-Management Programme (ASMP) co-organised with CRN starts	Patient Support Committee
14 – 28 Nov 2014	Advertorials on AM730 No. of articles: 6	Education Committee
17 Nov – 5 Dec 2014	New TV infotainment (HD Jade)	Education Committee
December 2014	Newsletter – Arthritis Care Vol. 20 No. of issues: 5,000	Newsletter Sub-committee
December 2014	AS DVD launched	Education Committee
6 December 2014	Educational Talk – SLE and Osteoporosis Speaker: Dr. Carrel Yu No. of participants: 45	Education Committee
16 December 2014	Christmas Party for helpline and hydrotherapy programme volunteers No. of participants: 24	Executive Committee
10 January 2015	Seasonal Educational Talk – Gout – Treatment and Care Speaker: Dr. Ng Woon-leung Ms. Lee Pik-fan No. of participants: 124	Education Committee
24 January 2015	Ultrasound Training Workshop (Cooperated with HKSR) No. of trainees: 8 No. of volunteers: 20	Education Committee
1 February 2015	St. John's Carnival	Education Committee
15 March 2015	Chinese New Year Party No. of participants: 82	Executive Committee

*\*\* Below activities list after March 2015 is for reference.*

Date	Event	Committee
10 – 12 April 2015	Medical Professional Training Seminar Venue: Qingyuan hospital No. of participants: 90	China Service sub-committee
18 April 2015	Seasonal Educational Talk – Cardiovascular Diseases & Rheumatism Speaker: Dr. Chan Tak-hin Dr. Chan Chi-kin No. of participants: 160	Education Committee
18 April 2015	Patient Empowerment Forum Speaker: Dr. Yim Cheuk Wan Ms. Cheryl Cheng	Patient Support Committee
31 May 2015	Educational Talk – Cervical abnormalities in SLE Speaker: Dr. Priscilla Wong Dr. Grace Wong No. of participants: 99	Education Committee
27 June 2015	Health Check Day No. of participants: 59 Venue: CRN Tai Hing Centre	Patient Support Committee
July 2015	Newsletter – Arthritis Care Vol. 21 No. of issues: 5,000	Newsletter Sub-committee
25 July 2015	Seasonal Educational Talk – Healthy Eating Tips for Arthritis Speaker: Ms. Chan Bik-ki Prof. Linda Zhong (registered Chinese medicine practitioner) No. of participants: 144	Education Committee
2 August 2015	Educational Talk – Dermatomyositis & Juvenile dermatomyositis Speaker: Dr. Chong Chun-yi Dr. So Ho No. of participants: 53	Education Committee
15 August 2015	Educational Talk – Back Pain Speaker: Dr. Yvonne Ho Dr. Chester Lie No. of participants: 28	Education Committee
September 2015	New promotion video launched	Fund-raising Committee
September 2015	PsA DVD launched	Education Committee
3 September 2015	Train the trainer workshop No. of participants: 32 Venue: HKARF Jockey Club Patient Resource & Training Centre	Education Committee
5 September 2015	Seasonal Educational Talk – Joint protection and training Speaker: Ms. Kristan Leung (OT) Ms. Jonah Chung (PT) No. of participants: 227	Education Committee
12 September 2015	Educational Talk – OA treatment and surgery Speaker: Dr. Albert Young Dr. Chester Lie No. of participants: 264	Education Committee

Date	Event	Committee
30 September 2015	Charity Dinner 2015	Fund-raising Committee
25 October 2015	IAD 2015 Carnival Venue: Lei Yue Mun Plaza No. of participants: 2,000	Education Committee
7 November 2015	Seasonal Educational Talk – Vaccination for arthritis patients Speaker: Dr. David Lung Ms. Judy Yu No. of participants: 87	Education Committee
21 November 2015	Inauguration Ceremony of Macau patient self-help groups Speaker: Dr. Chan Tak-hin	Patient Support Committee
28 November 2015	Educational Talk – Behect's disease Speaker: Dr. Helen Chan No. of participants: 52	Education Committee
December 2015	Newsletter – CHARM Vol. 10 No. of issues: 3,000	Scientific Committee
December 2015	RA DVD launched	Education Committee
6 December 2015	Educational Talk – Treatment & Diagnosis of RA Speaker: Ms. Gladys Kwok Dr. Stella Wong No. of participants: 92	Education Committee
8 December 2015	Christmas Party for helpline and hydrotherapy programme volunteers No. of participants: 30	Executive Committee
January 2015	Newsletter – Arthritis Care Vol. 22 No. of issues: 5,000	Newsletter Sub-committee
January 2015	PT/OT DVD launched	Education Committee
9 January 2016	Educational Talk – PsA & Skin care Speaker: Dr. Gavin Lee Dr. Johnny Chan No. of participants: 41	Education Committee
6 March 2016	Chinese New Year Party	Executive Committee



**Hong Kong Arthritis & Rheumatism Foundation****Address:** Flat 103-106, Nam Wai House, Nam Shan Estate, Shamshuipo, Kowloon**Tel:** 2346 6336**Fax:** 2346 6136**Arthritis Buddy Helpline:** 2346 2999**Email:** [mail@hkarf.org](mailto:mail@hkarf.org)**Website:** [www.hkarf.org](http://www.hkarf.org)