

Annual Report 周年報告 2016/17

(for the year ended 31 March 2017)



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



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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

2016-17 was a year of continued transformation towards better services for arthritis patients at the Foundation. Despite the limited resources, we had managed to maintain our patients' service and lifted the financial subsidy for underprivileged patients. The efficient and caring performance of our staff resulted in a strong demand for service from the patients and self-help groups.

We are very pleased to see the number of beneficiaries in the Expensive Drug Support Scheme has doubled from 34 to 65. The total cost of subsidised medications delivered to the patients increased from HK\$1.1 million to HK\$2.4 million. We will continue exploring new initiatives to collaborate with the pharmaceutical industry to benefit more patients.

Pursuing our vision- to improve the quality of life of patients with arthritis and rheumatic disease- we have taken actions in 2016-17 that have made us stronger as an arthritis patients' foundation:

- ♦ We published a book on systemic lupus erythematosus (SLE) in Chinese with detail description of its management that was accompanied by patients' stories.
- ♦ We continued to see strong demand for hydrotherapy and physical therapy service. Almost all hydrotherapy classes are already oversubscribed, despite adding two courses in Pok Oi Hospital in Yuen Long every week.
- ♦ The Arthritis Buddy Helpline, which was manned by volunteers, received more than 350 telephone calls. The majority of the calls were asking for disease information. This is an indication that more resources should be allocated for education for patients and public, including seminars, paper and electronic publication, and disease awareness promotion.
- ♦ HKARF Ambassadors and core members of self-help groups had an enjoyable and fruitful exchange visit to Taipei in May 2016. The meeting with the doctors and patients in Taiwan had given our representatives an insight into chronic disease advocacy work in Taiwan.

I want to thank the members of the Executive Committee and all Permanent Committees for their trust. I would also like to thank Ms Den Law, our Executive Officer, and her team for their commitment, enthusiasm, and irrepressible drive to always overcome the difficulty in delivering the service to our patients.

Dr Chan Tak Hin
Chairman

主席的話

香港風濕病基金會在 2016-17 度繼續致力為風濕病患者提供更好的服務，在有限的資源下，我們仍然盡力維持病患者的服務及提供經濟支援予有需要的患者。能夠提供這些需求龐大的服務，實在有賴基金會的職員及義工無私付出。

另外，我們亦非常樂見「昂貴藥物支援計劃」得到顯著成果，受惠個案由 34 升至 65，升幅近一倍。而透過此計劃病者所得到的藥物資助總額，亦由 110 萬升至 240 萬。我們會繼續同藥業界商討合作方案，希望能擴展計劃，讓更多病人受惠。

而為了達到基金會的使命「改善風濕病患者的生活質素」，我們在 2016-17 年度進行了不同的工作，讓基金會能在多方面成為更成熟的風濕病患者機構：

- ♦ 出版中文書籍《與狼共舞－紅斑狼瘡症的護理與治療》，為公眾提供紅斑狼瘡症的治療及病症管理資訊，亦有多個患者故事，讓公眾更易明白。
- ♦ 風濕科水療練習計劃一直都深受病患者歡迎，雖然每星期已經在元朗的博愛醫院加開了兩班課程，但仍是供不應求，我們亦會繼續努力尋求擴展服務。
- ♦ 由風濕科病友義工接聽的「風知己朋輩輔導熱線」在本年度處理了超過 350 個查詢，大部分都是查詢病症資訊。由此可見，不同媒介的公眾教育，例如：講座、網上資訊、單張及小冊子或媒體宣傳等，都是非常重要的。
- ♦ 香港風濕病基金會大使「風中戰士」及病人自助組織的核心成員於 2016 年 5 月一同參加了由基金會舉辦的台北交流團，與台北的醫生及病人自助組織代表會面，加深了解台灣的醫保制度，亦認識台灣無障礙環境的發展和倡議工作。

最後，我想在此感謝基金會所有執行委員及工作委員會的成員的信賴和支持，亦多謝基金會的行政主任羅美霞女士及同事們，他們熱心投入去克服種種困難，讓基金會能以達成服務病患者的使命。

主席
陳德顯醫生

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)

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

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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

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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
	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
	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	趙廸芬女士
	Ms. Christine LEUNG	梁綺薇女士
	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

PHYSICAL THERAPY AND FITNESS PROGRAMME

運動課程



Hydrotherapy 風濕科水療練習計劃

HKARF started running hydrotherapy program for patients suffering from chronic inflammatory arthritis in 2008. We provide 12 classes of hydrotherapy in Hong Kong East, Central Kowloon and Tuen Mun every 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 with inflammatory arthritis

對象： 慢性風濕病患者

	<u>2015/16</u>	<u>2016/17</u>
Sessions 節數:	512	478
No. of patient-session 人次:	4,659 (275 patients)	4,430 (247 patients)

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

Three exercise classes for patients with musculoskeletal disease 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>2015/16</u>	<u>2016/17</u>
Sessions 節數:	126	126
No. of patient-session 人次:	662 (45 patients)	673 (37 patients)

Occupational Therapy 職業治療

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 with 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>2015/16</u>	<u>2016/17</u>
No. of patient-session 人次:	34	39

Laughter yoga & floor curling 大笑瑜伽及地壺

HKARF introduced laughter yoga and floor curling in March 2017 to help patients to improve their physical and mental fitness.

基金會於 2017 年開展兩項全新運動大笑瑜伽及地壺課程予風濕病患者，以提高他們對運動的興趣，以改善身體及心理上的狀況。

FINANCIAL SUPPORT 經濟支援

Patients Support Fund 風濕病患者支援基金

HKARF provides a maximum of HK\$9,000 per year for the underprivileged patients to purchase non-subsidised self-financed medications and rehabilitation aids prescribed by doctors in Hospital Authority hospitals. In order to help more patients, the financial criteria is relaxed and the Annual Disposable Financial Resources (ADFR) has been increased from HK\$30,000 to HK\$50,000 since April 2016.

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。為了讓更多患者受惠，於 2016 年 4 月放寬了入息審查中的「每年可動用資產」上限至 50,000 元。

	<u>2015/16</u>	<u>2016/17</u>
<i>No. of application approved 批核申請:</i>	99	101
<i>No. of beneficiaries 受惠人數:</i>	32	36
<i>Average subsidy amount 平均資助額:</i>	HK\$4,252 per patient	HK\$4,623 per patient
<i>Total subsidy amount 總支援金額:</i>	HK\$136,083	HK\$166,417

Emergency Support Fund 風濕病患者緊急援助基金

This funding provides a one-off subsidy of up to 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。

	<u>2015/16</u>	<u>2016/17</u>
<i>No. of application approved 批核申請:</i>	0	2
<i>Total cost of subsidised medications 總支援藥物金額:</i>	HK\$0	HK\$10,000

Activity Fund 風濕病患者活動資助計劃

Each rheumatic disease self-help group may apply for HKARF Activity Fund to organise function for members. The maximum funding amount was increased from HK\$5,000 to HK\$8,000 in 2016.



每個病人自助組織每年可申請基金會的活動資助，以籌辦社交或教育活動，於 2016 年，資助金額上限由 5,000 元提升至 8,000 元。

	<u>2015/16</u>	<u>2016/17</u>
<i>No. of grants approved 已批資助數目:</i>	5	5
<i>No. of beneficiaries 受惠人數:</i>	1,102	905

Special Project Fund 風濕病患者特別活動計劃基金



This new Funding aims to assist self-help groups to run new projects for the benefit of patients with arthritis and rheumatism. The maximum amount for each project is HK\$20,000. One application was approved in 2016.

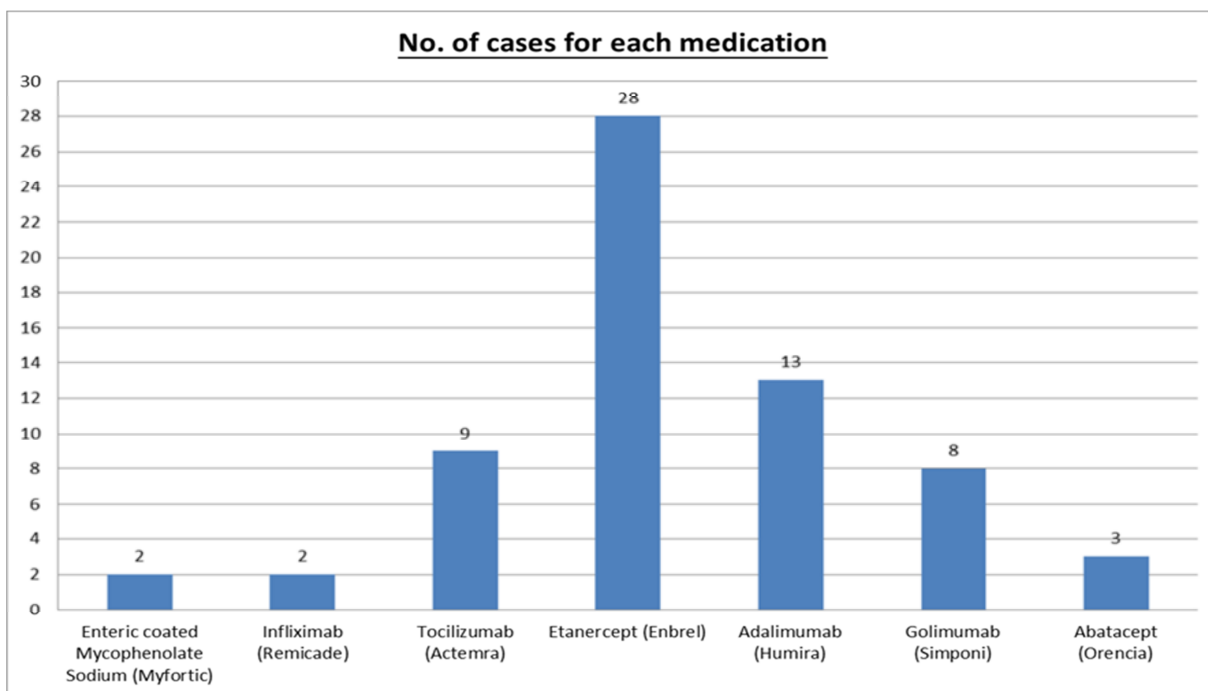
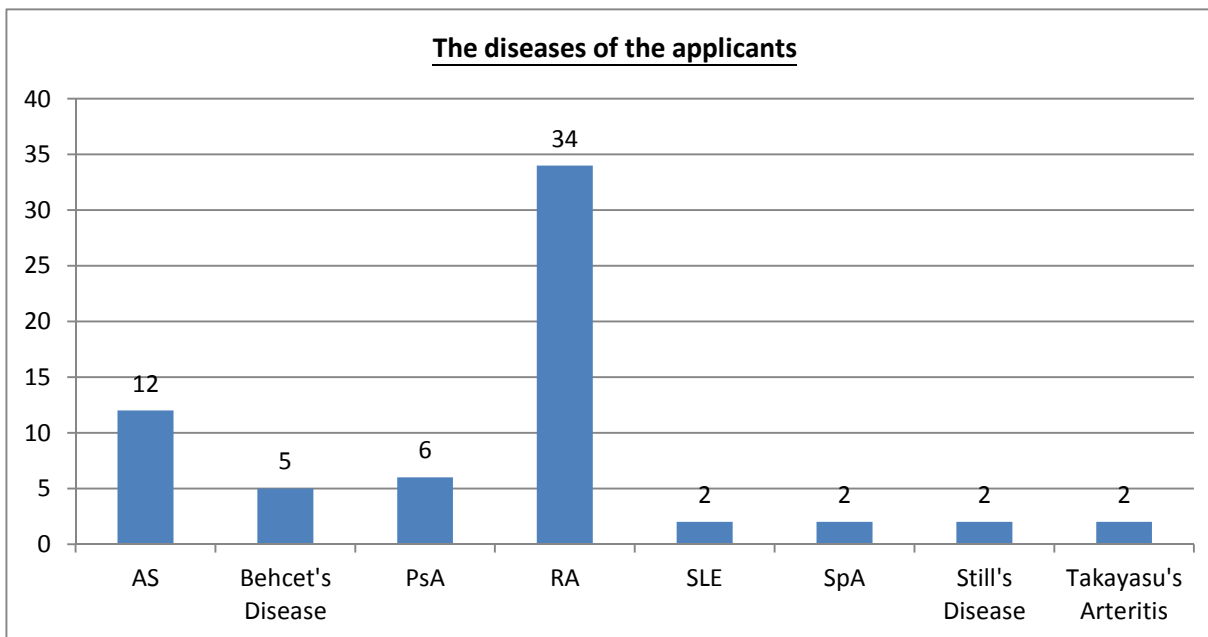
在 2016 全新開展的特別活動計劃基金能支援病人自助組織舉辦更多特別的活動或課程予病患者，每個計劃的申請上限為 20,000 元，2016 年度有一個病人自助組織成功申請。

Expensive Drug Support Scheme 昂貴藥物支援計劃

HKARF has been collaborating with the pharmaceutical industry to subsidise patients to purchase self-financed expensive medications prescribed by doctors in Hospital Authority hospitals. Almost all the subsidized medications are biologic agents for the treatment of rheumatic and autoimmune disease

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。2016 年，計劃下的藥物為五種，全部為常用的生物製劑。

	<u>2015/16</u>	<u>2016/17</u>
No. of beneficiaries 受惠人數:	34	65
Total cost of subsidised medications 總支援藥物金額:	HK\$1,138,527	HK\$2,366,338



AS - Ankylosing Spondylitis 強直性脊椎炎

PsA – Psoriatic Arthritis 銀屑病關節炎

SLE – Systemic lupus erythematosus 系統性紅斑狼瘡

Still's Disease 史蒂斯症

Behcet's Disease 白塞氏症

RA – Rheumatoid Arthritis 類風濕病性關節炎

SpA – Spondyloarthritis 脊椎關節炎

Takayasu's Arteritis 高安氏動脈炎

PUBLICATIONS 出版

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。

Disease informative leaflet 出版病症及藥物資訊



HKARF publishes education videos and booklets on different chronic rheumatic diseases to provide up-to-date information to the public and patients. New RA, OA, SLE, Gout and Dermatomyositis booklet were launched in March 2017. Each booklet was co-authored by one rheumatologist and one rheumatology nurse.

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。類風濕性關節炎、骨關節炎、紅斑狼瘡、痛風症及皮肌炎小冊子已於 2017 年 3 月出版。

SLE book 紅斑狼瘡書籍

Three thousand copies of SLE book were published for sale in April 2017 in collaboration with Cosmos Books Limited. Ms To Siu-kiu attended the book launch ceremony on 27 May 2017. The young artist's story is one of the featured articles of the book.

由天地出版社印刷的紅斑狼瘡書籍《與狼共舞-紅斑狼瘡症的護理與治療》在 2017 年 4 月出版，印書共 3,000 冊，而新書發佈在 5 月 27 日舉行，並邀請了書中其中一位患者藝人杜小喬小姐出席作推廣。



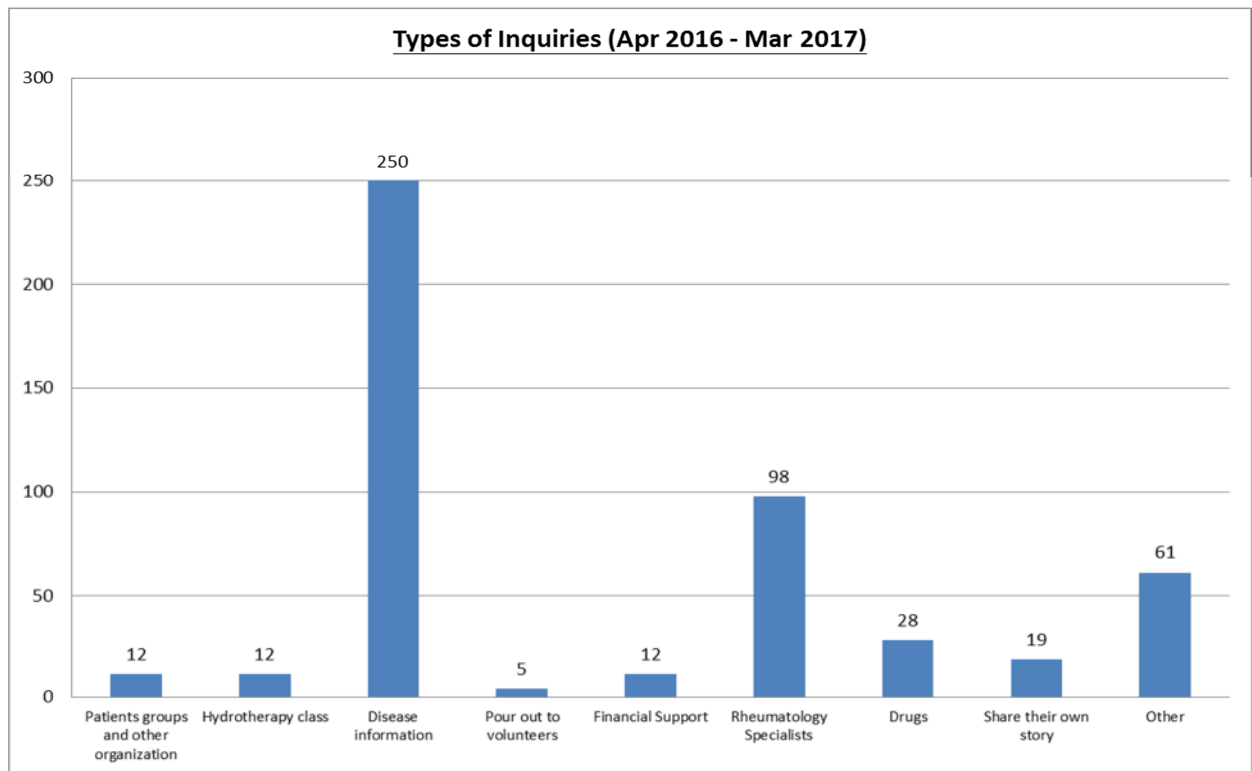
PATIENTS SUPPORTSERVICE 病患者支援服務

Arthritis Buddy Helpline 風知己朋輩電話熱線

HKARF volunteers run a telephone hotline manned four days per week. Majority of the callers are looking for disease information. A 4-session training workshop on counselling was held from July to August 2016 in order to help the volunteers to recapitulate their counselling technique.

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，來電者多查問病症資訊。為了加強義工的情緒支援技巧及重新檢視服務，在 2016 年 7 月至 8 月期間為他們提供了進階訓練課程。

	<u>2015/16</u>	<u>2016/17</u>
No. of telephone inquiry 查詢電話數目:	154	357



EDUCATION 教育工作

Educational Talks 健康教育講座

HKARF organises regular education talks in different districts to raise awareness of rheumatic disease in the community and to provide correct information to those with the disease.

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。講座在各區的禮堂或演講廳進行，希望能夠接觸更多市民。

	<u>2015/16</u>	<u>2016/17</u>
Total number of talks 講座數目:	11	8
No. of beneficiaries 受惠人數:	1447	1023
No. of participants in Patient Conference 研討會參加人數:	-	349

Topic of talks 講座主題

- a) AS & Exercise 強直性脊椎炎與運動
- b) Scleroderma & Sjogren Syndrome 硬皮症及乾燥綜合症
- c) OA Treatment & Exercise 骨關節炎的治療與運動
- d) Gout Treatment & Diet Tips 痛風治療與飲食
- a) SLE patients' menstrual problem 紅斑狼瘡患者的月經問題
- b) How to deal with osteoporosis 骨頭脆，怎麼辦？
- e) Complications of Rheumatism: gastrointestinal disease 風濕科共病-腸胃問題
- c) Dermatomyositis 皮肌炎



Patient Conference 病患者研討會

A Patient Conference was held on 27 August 2016 to provide patients with up-to-date information on diagnosis and management of rheumatic disease. Prof. Sophia CHAN, then Acting Secretary for Food and Health, officiate at the Opening Ceremony. 349 participants attended the conference.

- 1) Mindfulness — Dr. Carole LI
- 2) Arthritis of foot and ankle— Dr. SC TONG
- 3) Biosimilar — Prof. LS TAM
- 4) Oral biologics — Dr. Ronald YIP
- 5) Tumor — Dr. Gavin LEE
- 6) Cardiovascular diseases — Dr. TH CHAN
- 7) Diet — Ms. Joyce LAM
- 8) Exercises — Ms. Ida LAN

病患者研討會「探索風濕多面睇」在 2016 年 8 月 27 日舉辦，為患者提供更深入的病症資訊。當日共有八個不同题目的研討會分四個時段舉行。活動邀請了時任食物及衛生局署理局長陳肇始教授於開幕擔任主禮嘉賓，當日共有 349 位參加者出席。

- 1) 靜觀體驗 - 臨床心理學家 李智群博士
- 2) 關節炎的足部問題與治療 - 骨科專科 唐尚志醫生
- 3) 生物相似製劑的迷思 - 風濕科專科 譚麗珊教授
- 4) 口服標靶治療 - 風濕科專科 葉文龍醫生
- 5) 腫瘤與風濕病 - 風濕科專科 李家榮醫生
- 6) 循環心血管病 - 風濕科專科 陳德顯醫生
- 7) 飲食：膽固醇與抗氧化食品 - 註冊營養師 林秀雁女士
- 8) 運動：伸展及肌力訓練 - 註冊物理治療師 藍芳女士



East meets West 中西醫學交流

To promote the interflow of knowledge and experience on disease management between health care professionals practicing Western medicine and traditional Chinese medicine in the field of rheumatology, the scientific committee of the HKARF has organised the East meets West symposium on 5 June 2016. The topic was rheumatoid arthritis and there were 58 allied-health professionals attended.

為了加強不同醫護專業之間對風濕病症的交流，基金會的科研教育委員會在 2016 年 6 月 5 日舉辦了「中西醫學交流」研討會，是次研討會題目為類風濕性關節炎，共有 58 位不同專業的醫護人員參加。



International Arthritis Day Carnival 風濕緩痛嘉年華

A carnival was held at Open Square at Tin Ching Estate in Tin Shui Wai on 23 October, 2016, to commemorate the 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 2016 年 10 月 23 日在天水圍天晴廣場舉行，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。



Health Checkup 健康檢查日



HKARF organises regular health checkup in different regions. This year, the checkup was held at Community Rehabilitation Network Kornhill Centre on 23 July 2016 with the topic of "Know more about psoriatic arthritis (PsA)". Spine movement measurement, blood uric acid test and talks related to PsA were offered for the participants. Besides, musculoskeletal health check day was held on 3 December 2016 to promote public awareness of bone and joint health.

基金會定期在不同地區舉辦健康檢查日，2016 年 7 月在香港復康會社區復康網絡康山中心舉行以銀屑病關節炎為主題的健康檢查日，提供脊椎、尿酸等檢查，並有不同的講座，讓參加者關注銀屑病關節炎；另外，2016 年 12 月在南山邨中心舉行另一次健康檢查日，讓區內人士提高關節健康意識。

	<u>2015/16</u>	<u>2016/17</u>
No. of health checkup 健康檢查日次數:	1	2
No. of participants 參加者人數:	59	91



HKARF Facebook page 香港風濕病基金會面書專頁

As the social media became one of the most important ways to spread information to public, the HKARF Facebook page was launched on August 2016. This would be a platform to promote the Foundation and provide disease information to the new generation.

互聯網已經變成每位城市人不好分割的一部分，因此基金會在 2016 年 8 月開設面書專頁，希望透過不同的渠道，為公眾帶來最新及最快的資訊。



HKARF Ambassadors Interflow Taipei Trip 大使台北交流團

HKARF Ambassadors and core members of patients' self-help groups visited Taipei from 13 to 16 May 2016 for an exchange with the patients and doctors in Taiwan. All the participants concurred that the visit was well-organized and it had provided them a chance to understand the advocacy work in Taiwan.

The trip included visit to the Taipei Veterans General Hospital, Taiwan Access for All Association, and the Human Library. Participants had a conference with the Taiwan arthritis patient groups

「風中戰士」台北交流團在 2016 年 5 月 13 至 16 日舉行，除了幾位基金會大使及其家人外，基金會也資助了病人自助組織的核心成員一同參與，參觀及了解台灣的病人組織發展和權益爭取，亦和當地的風濕科組織交流分享經驗。此次交流參觀了台北榮民總醫院、台北行無礙中心、殘障聯盟的「真人圖書館」，讓參加者能對台灣的醫療制度和風濕科自助組織的工作有更深認識。



COLLABORATION WITH THE HONG KONG SOCIETY FOR REHABILITATION 與香港復康會的合作



Community Rehabilitation Network (CRN) of the Hong Kong Society for Rehabilitation has been a close partner of HKARF in many of our projects. A joint programme “Arthritis Self-Management Programme” was launched in 2015. Seventy-one newly diagnosed patients participated in this programme in the year of 2016/17.

The 4-session course covers disease information, joint protection, exercise and daily care for rheumatic disease. Also, the social

workers help the participants to set up action plan and review their progress at the reunion.

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。由 2015 年開始開展的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，2016 至 17 年度共有 71 位新確診病患者參加此課程。此課程共有四節及一堂重聚，在四節課堂中會為參加者提供病症的正確資訊，亦帶出運動及日常生活自我管理的重要性，更會與參加者一同訂立行動目標，並在重聚中一同回顧目的是否達到等。

主辦團體：
香港風濕病基金會
Hong Kong Arthritis & Rheumatism Foundation Ltd.
香港復康會
The Hong Kong Society for Rehabilitation
Community Rehabilitation Network

關節我自理

關節炎自我管理課程

對象：
類風濕性關節炎、
強直性脊椎炎、
銀屑病關節炎
之患者及家屬

正確認識關節炎
用藥須知、治療方案
怎樣進行運動、運動的重要及好處
如何減輕痛楚
保護關節的注意事項、輔助工具的使用
提升正面情緒、認識社區資源……

這個課程可助你，
建立自我管理工具箱

無懼關節炎 自己可管理

名額：每班12人（名額有限，先到先得）
費用：\$50（會員）| \$75（非會員）|（綜援人士免費）
** 全期課程共4堂及一堂重聚
** 學員可獲贈教材資料一套

課程日期及上課地點：		
日期及時間（4節）	地址	查詢及報名電話
2016年8月3日至24日 (星期三) 晚上7:00 - 晚上9:30	社區復康網絡李鄭屋中心 九龍深水埗李鄭屋邨李康樓地下 (長沙灣港鐵站A2出口)	2361 2838
2016年9月7日至28日 (星期三) 下午2:30 - 下午5:00	社區復康網絡威爾斯中心 新界沙田威爾斯親王醫院職員宿舍B座10樓B室	2636 0666
2016年9月27日至10月18日 (星期二) 下午2:30 - 下午5:00	社區復康網絡李鄭屋中心 九龍深水埗李鄭屋邨李康樓地下 (長沙灣港鐵站A2出口)	2361 2838
2016年10月29日至11月19日 (星期六) 上午10:00 - 下午12:30	社區復康網絡大興中心 新界屯門大興邨興昌樓26-33號地下	2775 4414
2016年11月4日至25日 (星期五) 晚上7:00 - 晚上9:30	社區復康網絡康山中心 香港鯉魚涌英皇道1120號康山花園第六座地下 (太古城港鐵站E3出口)	2549 7744
2016年11月12日至12月3日 (星期六) 下午2:30 - 下午5:00	社區復康網絡威爾斯中心 新界沙田威爾斯親王醫院職員宿舍B座10樓B室	2636 0666
2016年12月2日至23日 (星期五) 下午2:30 - 下午5:00	社區復康網絡橫瀾中心 九龍黃大仙橫瀾邨宏禧樓地下	2361 2838
2016年12月17日至 2017年1月14日(星期六) 上午10:00 - 下午12:30	香港風濕病基金會賽馬會病人資源及訓練中心 九龍石硤尾南山邨南樓地下103-106室 (石硤尾港鐵站B2出口)	2346 6336
2017年2月9日至3月2日 (星期四) 下午2:30 - 下午5:00	社區復康網絡李鄭屋中心 九龍深水埗李鄭屋邨李康樓地下 (長沙灣港鐵站A2出口)	2361 2838
2017年2月18日至3月11日 (星期六) 下午2:00 - 下午4:30	社區復康網絡康山中心 香港鯉魚涌英皇道1120號康山花園第六座地下 (太古城港鐵站E3出口)	2549 7744
2017年2月28日至3月21日 (星期二) 下午2:30 - 下午5:00	社區復康網絡太平中心 新界上水太平邨平治樓地下	2639 9969

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 Philip Li from Queen Mary Hospital was awarded the scholarship in 2016 for his overseas training in allergy, clinical immunology and immunodeficiency.

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。

在瑪麗醫院工作的李曦醫生於 2016 年獲頒獎學金，其海外進修項目是有關敏感學與臨床免疫學的應用。

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

Our Nam Sham Centre, which was officially opened in October 2012, continues to serve as the home away from home for our volunteers and patients. The self-help groups organise talks, yoga class, painting class and handicraft art class in the centre. The usage rate of the centre has increased by 50% from 2012 to 2016.

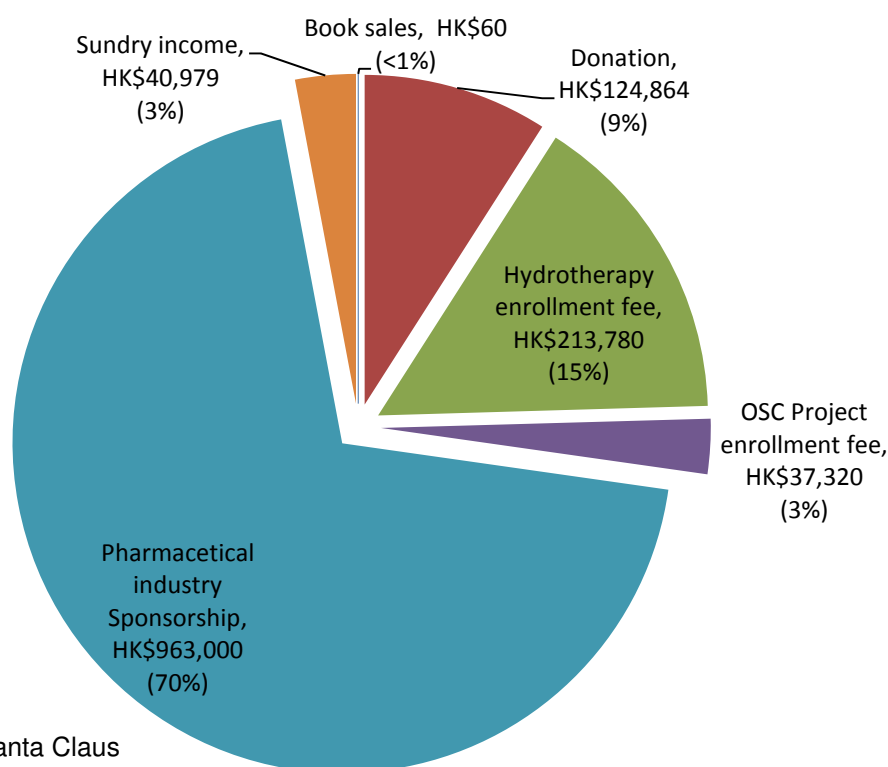
香港風濕病基金會賽馬會病人資源及訓練中心於 2012 年 10 月開幕座落在深水埗南山邨內。基金會在中心內提供不同的服務，使中心成為風濕病患者的第二個家。此外，風濕科病人自助組織亦會於中心內舉辦不同的講座、瑜珈班、畫班及興趣班等，讓患者能透過參加活動及建立興趣，以舒緩痛楚及壓力。中心的使用率亦不斷上升，截止 2016 年使用率比 2012 年成立上升了 50%。



FINANCIAL REPORT

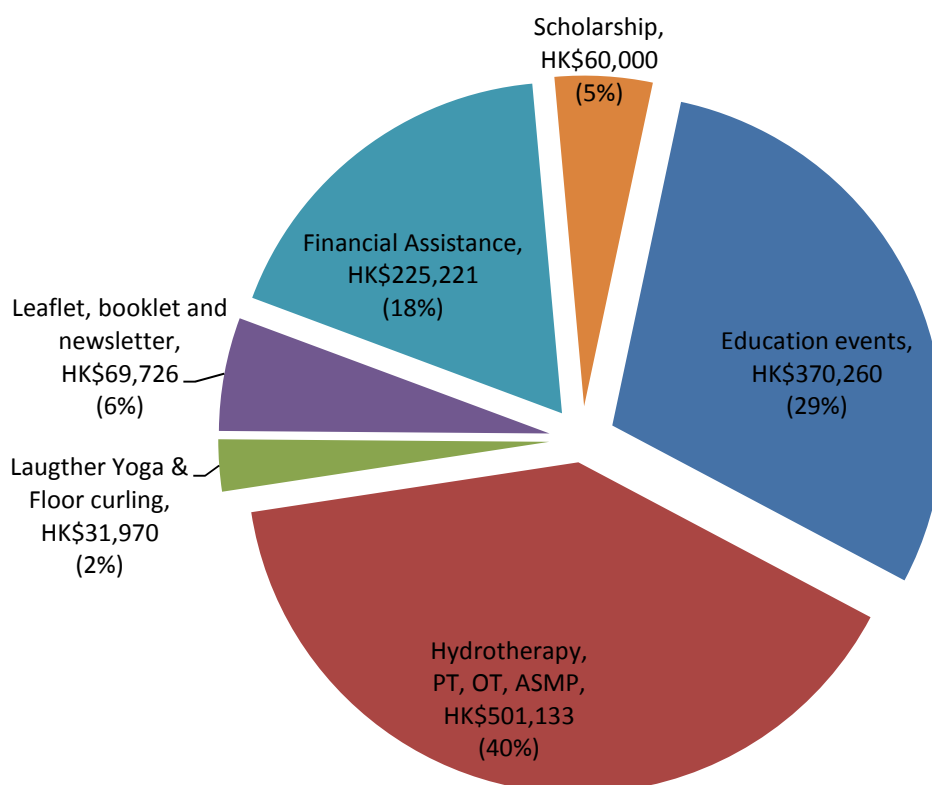
HIGHLIGHTS OF FINANCIAL ACTIVITIES (for the year ended 31 March 2017)

Income (Total HK\$1,380,003)



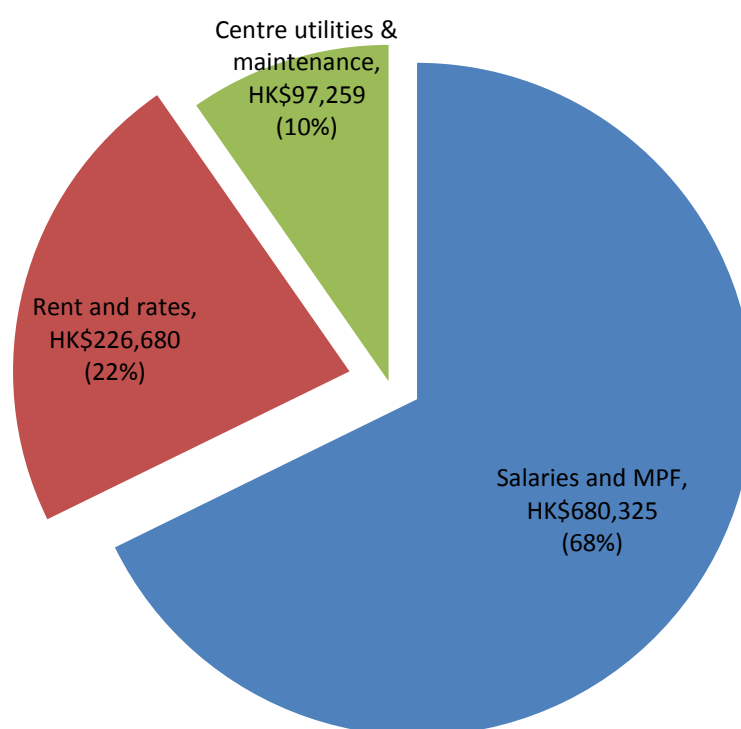
* OSC: Operation Santa Claus

Patients' Service Expenditure (Total HK\$1,258,310)



* PT: Physiotherapy exercise class;
 OT: Occupational therapy;
 ASMP: Arthritis Self-management Programme

Administrative Expenditure (Total HK\$1,004,264)



Duties of staff by percentage of time spent at work:

Executive Officer (EO)

Centre Management	25%
Administration Work	15%
Public Education	30%
HKARF Development	15%
Fund-raising	15%

Programme Officer (PO)

Administration Work	10%
Public Education	35%
Fund-raising	5%
Funding Application	30%
Reply enquiry	10%
Patient Service	10%

Administration Assistant (AA) - Part-time

Administration Work	20%
Patient Service	30%
Public Education	20%
Reply enquiry	30%

**STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME
FOR THE YEAR ENDED 31 MARCH 2017**

	2017	2016
	<u>HKD</u>	<u>HKD</u>
INCOME		
Book sales	60	370
Donation income	124,864	207,740
Hydrotherapy income	213,780	248,170
OSC Project income (I)	35,880	1,134,560
OSC Project income (II)	1,440	-
Sponsorship income	963,000	3,194,000
Sundry income	40,979	113,731
	<u>1,380,003</u>	<u>4,898,571</u>
EXPENSES		
Activities expenses	361,811	535,113
Bank charges	240	240
Books production costs	-	62,545
Cleaning	20,790	20,300
OSC Project expenses (I)	501,133	575,969
OSC Project expenses (II)	31,970	-
Depreciation	286,030	286,032
DVD Production Cost	-	1,477
Grant to patients	225,221	237,253
Insurance	13,669	13,626
Mandatory provident fund	30,208	28,184
Printing and postage	69,726	93,825
Public education expense	8,449	137,000
Rent and rates	226,680	205,520
Repairs and maintenance	23,160	15,050
Salaries and allowances	650,117	597,295
Scholarship	60,000	-
Sundry expenses	6,681	27,922
Travelling	405	874
Telecommunications	18,584	13,574
Utilities expenses	13,970	13,490
	<u>2,551,006</u>	<u>2,865,289</u>
SURPLUS / DEFICIT FOR THE YEAR	<u>(1,171,004)</u>	<u>2,033,281</u>

LOOKING AHEAD

In 2016-17, we identified several areas with great demand requiring long-term development—hydrotherapy, patients' education, and financial assistance for patients requiring expensive self-financed medications.

We continue seeing strong demand for hydrotherapy, despite extending our service to three hospitals in Hong Kong East, Central Kowloon, and Yuen Long. Further expansion of the service is hampered by limited availability of venue and suitable therapists. The Foundation should liaise with the physiotherapists' community in Hong Kong to recruit new therapists. The Foundation should take the matter further with the Hospital Authority and other relevant private organisations so that more pool will be available to serve the patients in need of them.

Disease education at the community level can help filling the service gap provided by the nurses and doctors in the hospitals, who are already overstretched by the hefty workload. The Foundation should continue providing more quality educational activities, such as seminars, workshops, conferences, and publications. We shall make use of the internet and social media for efficient and timely dissemination of information and knowledge.

Although Hong Kong has one of the best public healthcare systems in Asia, the fact we see doubling of the number of applicants for the Expensive Drug Support Scheme indicates that a significant proportion of arthritis patients are still in need of assistance in purchasing expensive self-financed drugs. We will continue collaborating with the pharmaceutical industry to ensure the patients can benefit from these new therapeutical options, which they would not be able to afford without the Scheme.

I have received more than once praise and approval from our patrons regarding the transparency of our operation. The Foundation will continue allowing the public to scrutinise our work by explaining to them our financial situation and operation procedure. This is the best way to solicit support and donation from our patrons, without whom our work would not have been possible.

展望將來

2016-17 年度，我們明白到持續水療、公眾教育及昂貴藥物支援三方面為需求最大的範疇，因此亦成為了我們長遠發展的工作。

由於水療課程自開辦以來，需求不斷提升，因此我們已將服務擴展至一星期共 12 班在港島東、九龍中及元朗三個地區進行。服務擴展受到場地及難以聘請適合的物理治療師的限制，基金會會繼續聯繫本地不同的物理治療師組織，及再進一步與醫管局商討，希望能在公共醫院及其他私營機構中尋覓到合適的地方，以滿足病患者的需求。

而社區的病症資訊教育工作能大大減輕醫護人員的工作，亦可以填補在短暫的診症時間內，病人未能得到足夠資訊的需求。因此基金會持續舉辦不同的教育活動，如講座、研討會、工作坊及出版刊物等，另一方面我們會善用互聯網及社交網站的快捷與方便，去傳遞正確的病症資訊。

雖然香港是亞洲區內擁有最好的醫療體系地方之一，但事實上從「昂貴藥物支援計劃」的申請個案大幅上升的趨勢中，可見有不少風濕病患者確實需要支援才能購買昂貴的自費藥物，因此我們會繼續與業界合作，以確保患者能受惠於此計劃。

最後，非常榮幸基金會運作的透明度得到不同的贊助人及機構讚賞，我們會繼續努力不懈，讓公眾能清楚明白基金會的運作及財政狀況，這樣亦能助基金會得到更多的贊助和支持，因為沒有大家的捐助，我們的工作及計劃也不能實行。

Reports Of Permanent Committees

Education Committee

Fund-raising Committee

Patient Support Committee

Scientific Committee

Report of the Education Committee (2016/17)

1) International Arthritis Day 2016 – Carnival

To celebrate the 2016 International Arthritis Day, a Carnival was held at Open Square at Tin Ching Estate in Tin Shui Wai on 23 October, 2016. There were 6 game booths, 1 information counter and 1 booth for simple health check by CRN. The Volunteer Award ceremony was held to express the Foundation's gratitude to the helpful and active volunteers. Song performance by rheumatic patients was followed. Then, Dr. David Lee (Siu-ming) shared his new songs, particularly "Joint Health" to disseminate the correct information related to arthritis and rheumatism. More than 2,000 participants turned up for the event. A series of educational talks on different arthritic diseases as well as physiotherapy exercises demonstration were conducted. All the attendees enjoyed the game booths, particularly the demonstration of joints exercises. The total expenditure for the event was \$82,794.20.

2) Educational Talks

2.1 Seasonal Public Talk Series

A series of Talks on specific arthritis diseases was held each season throughout 2016-2017. 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) AS & Exercise (2016 Season 1)
Date: 16 April 2016
Speaker: Dr. Yim Cheuk-wan, Ms Lavinia Wong (PT)
[No. of participants: 124](#)
- b) Scleroderma & Sjogren Syndrome (2016 Season 2)
Date: 28 May 2016
Speaker: Dr. Ma Kai-yui, Dr. Julia Chan
[No. of participants: 103](#)
- c) OA Treatment & Exercise (2016 Season 3)
Date: 24 September 2016
Speaker: Dr. Ricky Tang, Ms. Mandy Mak (PT)
[No. of participants: 135](#)
- d) Gout Treatment & Diet Trips (2016 Season 4)
Date: 6 November 2016
Speaker: Dr. Wan Man-choi, Mr. Leslie Chan (Dietitian)
[No. of participants: 173](#)
- e) Complications of Rheumatism: gastrointestinal disease (2017 Season 1)
Date: 11 March 2017
Speaker: Dr. Lucia Chau, Dr. Kung Kam-ngai
[No. of participants: 158](#)

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 3 talks were held during the year:

- a) Educational Talk – SLE patients' menstrual problem
Date: 28 November 2016
Speaker: Dr. Mok Chi-chiu, Dr. Mimi Fung
No. of participants: 68
- b) Educational Talk – How to deal with osteoporosis
Date: 8 January 2017
Speaker: Dr. Woo Yu-cho, Ms Connie Loong
No. of participants: 108
- c) Educational Talk – Dermatomyositis
Date: 19 March 2017
Speaker: Dr. Leung Moon-ho
No. of participants: 154

3) **Patient Conference 2016**

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 the Hong Kong Federation Of Youth Groups Building, North Point on 27 August 2016. There were a total of 349 participants. The Conference aimed to promote awareness and better understanding of arthritis diseases among the general public, and to provide more in-depth, most up-to-date and well-rounded information on dealing with the diseases.

The event commenced with 4 concurrent sessions separated into 2 Series. The main themes of 1st and 2nd Series were non-medication treatment and medication treatment of rheumatism respectively. The topics are as follows:

1st Series:

- A) Mindfulness – Dr. Carole LI
- B) Arthritis of foot and ankle – Dr. SC TONG

2nd Series:

- A) Biosimilar – Prof. LS TAM
- B) Oral biologics – Dr. Ronald YIP

After the lunch break, Prof. Sophia CHAN, Acting Secretary of Food and Health, was the guest of Honour to officiate the Opening Ceremony. It was followed by another 4 concurrent sessions separated into 2 Series. The main themes of 3rd and 4th Series were complications and weight management respectively. The topics are as follows:

3rd Series:

- A) Tumor – Dr. Gavin LEE
- B) Cardiovascular diseases – Dr. TH CHAN

4th Series:

- A) Diet – Ms. Joyce LAM
- B) Exercises – Ms. Ida LAN

4) **PsA Health Check Day**

As early PsA is quite difficult to diagnosis, a health check day was organized to raise the public concern and provide correct disease information. The event was held at CRN Kornhill Centre and there were a total of 59 participants. A series of short talk related with psoriasis was delivered and specific simple health check was implemented during the day.

5) **HKARF Ambassadors Interflow Trip in Taipei**

Four HKARF 4th Ambassadors was elected in 2014 and the interflow trip to Taipei took place from 13 to 16 May 2016 and the net expense of the trip was HK\$53,690.22. All the ambassadors and the core members of patient self-help groups thought the visit was well-organized and provided them a chance to understand the advocacy work in Taiwan. The visit to Taipei Veterans General Hospital and meeting with Taiwan arthritis patient groups could let the participants have a better understanding on the development of medical system and patient education in Taiwan. The visit helped the Foundation and patient self-help group in Hong Kong to build up the relationship with those organizations in Taiwan. Also, their experience was the good example for our future development. The “Human Library” was one of the meaningful and interesting ways to share patient story to the public. It was inspired the participants trying to set up similar sharing session in Hong Kong. The participants were grateful to the Foundation for giving them this memorable experience.

6) **Train the trainer – Counseling workshop**

They facilitated the participants to review their groups’ current services and see if mutual aid and peer support were practiced effectively. All understood the importance of the two elements and hoped there would be advanced training workshops to further improve their counselling skills from July to August 2016.

7) **Publication on disease information**

During 2014-2016, the Foundation produced several disease documentary DVDs, each with a specific theme on rheumatic disease. DVDs on the topics of SLE, AS, PsA & RA were produced and 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 produced with 5,000 copies.

To disseminate correct information related to arthritis and rheumatism, the Foundation was going to issue a series of rheumatic disease informative booklet. The booklet would discuss the symptom, diagnosis, treatment and care of the disease in which the content would be more detailed than the existing leaflet. RA, OA, SLE, Gout and Dermatomyositis booklet was launched in March 2017. After that AS, PsA, Juvenile Idiopathic Arthritis (JIA), Vasculitis and Scleroderma would be issued. Each booklet was composed by one specialist in rheumatology and one rheumatology nurse.

8) **HKARF Facebook page**

As the social media became one of the most important ways to spread information to public, the HKARF Facebook page was launched on August 2016. This would be a platform to promote the Foundation and provide disease information to the new generation.

9) **SLE Book**

The SLE book was published in April 2017 with 3,000 copies by Cosmos Books Limited. The total expenditure for the publication was \$119,000. The book release was organized on 27 May 2017 where Ms To Siu-kiu, one of the patients’ stories in the book, was the guest of the press release and helped to promote the disease information to the public.

10) **Health column in local newspaper**

The Foundation provided correct disease information to the public through different channel and there were 10 articles written by rheumatologists in Metro Daily from 30 June to 17 November 2016.

Topics:

- ♦ RA VS OA (類風濕關節炎 VS 退化性關節炎)
- ♦ Back Pain VS AS (腰背痛 VS 強直性脊椎炎)
- ♦ AS & Exercise (強直性脊椎炎與運動)
- ♦ Is PsA infectious disease? (銀屑病關節炎是傳染病嗎?)
- ♦ Treatment for rheumatic disease (風濕病的治療方案)
- ♦ Daily care for rheumatic patients (風濕關節病患者的日常護理)
- ♦ Complication - cardiovascular disease (風濕科疾病的併發症 - 心血管)
- ♦ Arthritis in children & EDSS (小童風濕病個案& EDSS)
- ♦ Gout (痛風)
- ♦ Community Resource for arthritis patients (風雨同行 - 協助患者的社區資源)

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

Two issues of the bi-annual Foundation Newsletter were published in July 2016 and January 2017 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.

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 26 February 2017 at Tuen Mun, by providing a booth in which we arranged bone-density checking of visitors.

Report of the Fundraising Committee (2016/17)

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 the HKARF facebook page was launched in August 2016, 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 2016/17, the general donation to the Foundation was HK\$113,646.35.

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.

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. However, there was renovation of SOGO Supermarket in 2016/17 and no donation collected during the period.

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 2016/17, the donation collected was HK\$10,117.50.

5) Donation Wall

As hydrotherapy is the major and famous service of the Foundation, a donation wall would be set up for collecting donation to support this service in long run. The wall was set in November 2017 and the preparation work was started during 2016/17.

Report of the Patients Support Committee (2016/17)

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.

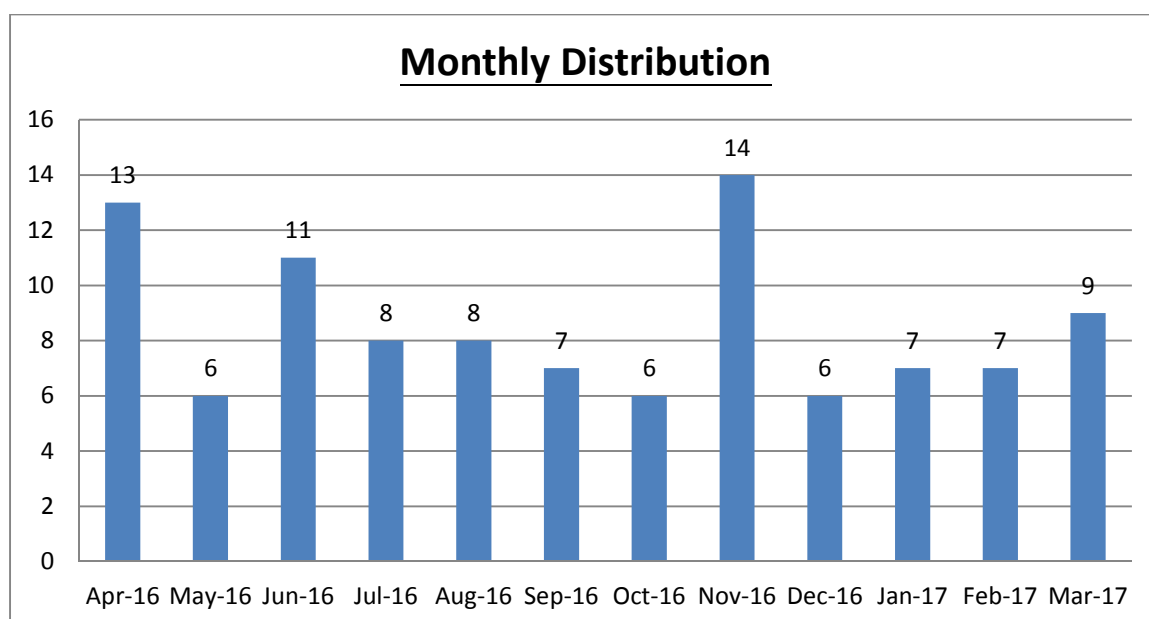
It was fortunate that the Foundation was the beneficiary of Operation Santa Claus (OSC) again. The total donation amount was HK\$750,000 which would support the operation of hydrotherapy programme, and 2 new exercises for arthritis patients, laughter yoga and floor curling, from March 2017 to February 2019.

1 Patient Support Fund

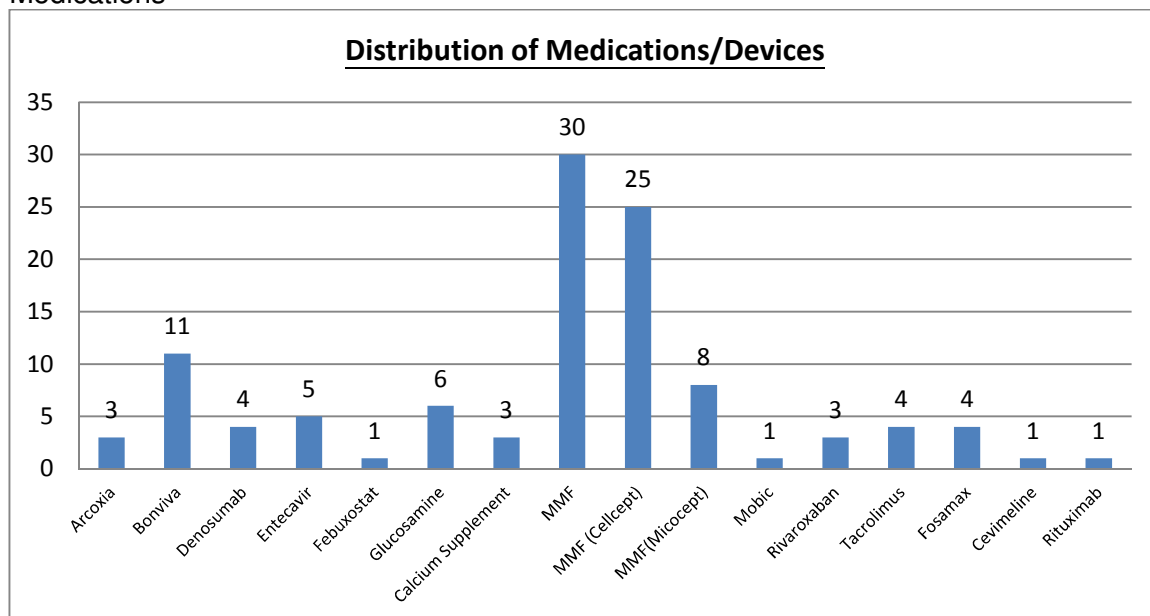
The aim of the Patient Support Fund is to provide financial assistance to needy patients to procure medications, including non-government subsidized medications, to purchase devices for arthritis rehabilitation, and to arrange for necessary home modifications. The applicant must be a Hong Kong resident and must produce certified diagnosis with any arthritis diseases by physicians. In order to help more needy, the financial criteria is released and Annual Disposable Financial Resources (ADFR) is increased from HK\$30,000 to HK\$50,000 since April 2016.

1.1 Total approved applications and amount from 1 April 2016 to 31 March 2017:

Total number of application received:	102	Approved:	101
		Rejected:	1
Total amount:		HK\$ 166,417.00	
Total no. of patients benefited:		36 (4 new patients)	



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 and nearly all biologics are listed under the scheme. However, 2 drugs, Myfortie® and Actemra® were withdrawn from the scheme since January 2017. The number of application increases 90% when compared to last year.

The 7 drugs under the scheme were listed below:

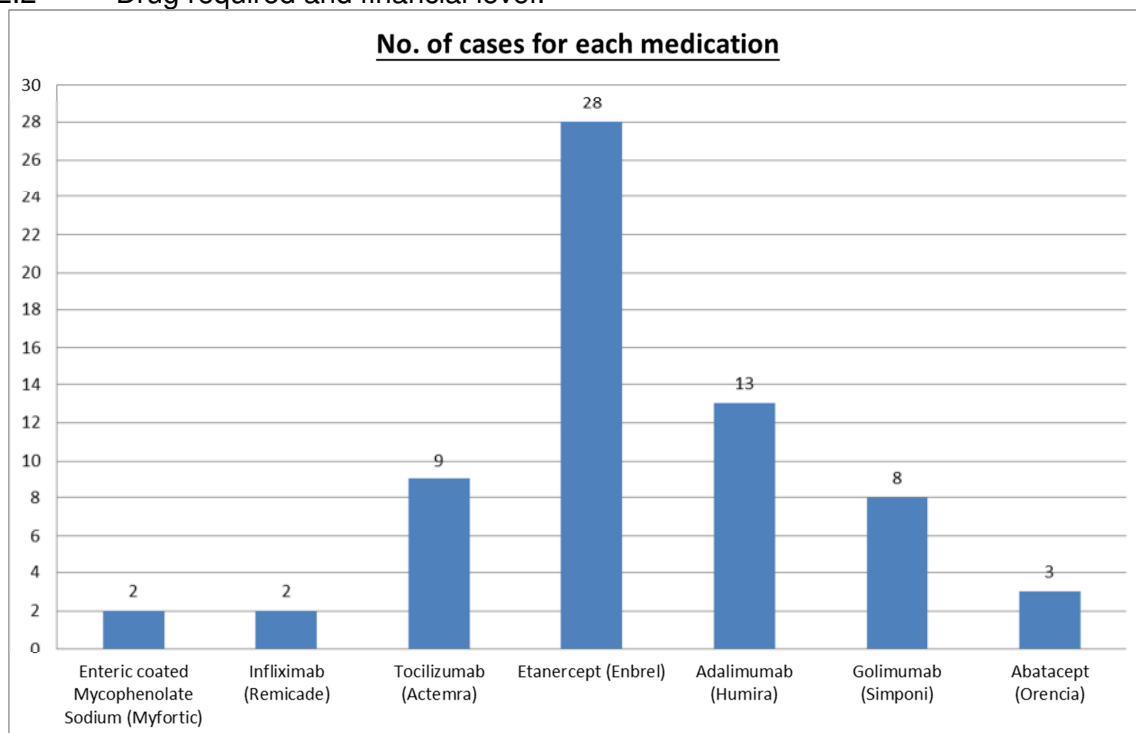
1. Infliximab (Remicade®)
2. Etanercept (Enbrel®)
3. Tocilizumab (Actemra®)
4. Adalimumab (Humira®)
5. Golimumab (Simponi®)
6. Abatacept (Orencia®)
7. Enteric coated Mycophenolate Sodium (Myfortic®)

2.1 Total number of applications received from **1 April 2016 to 31 March 2017**:

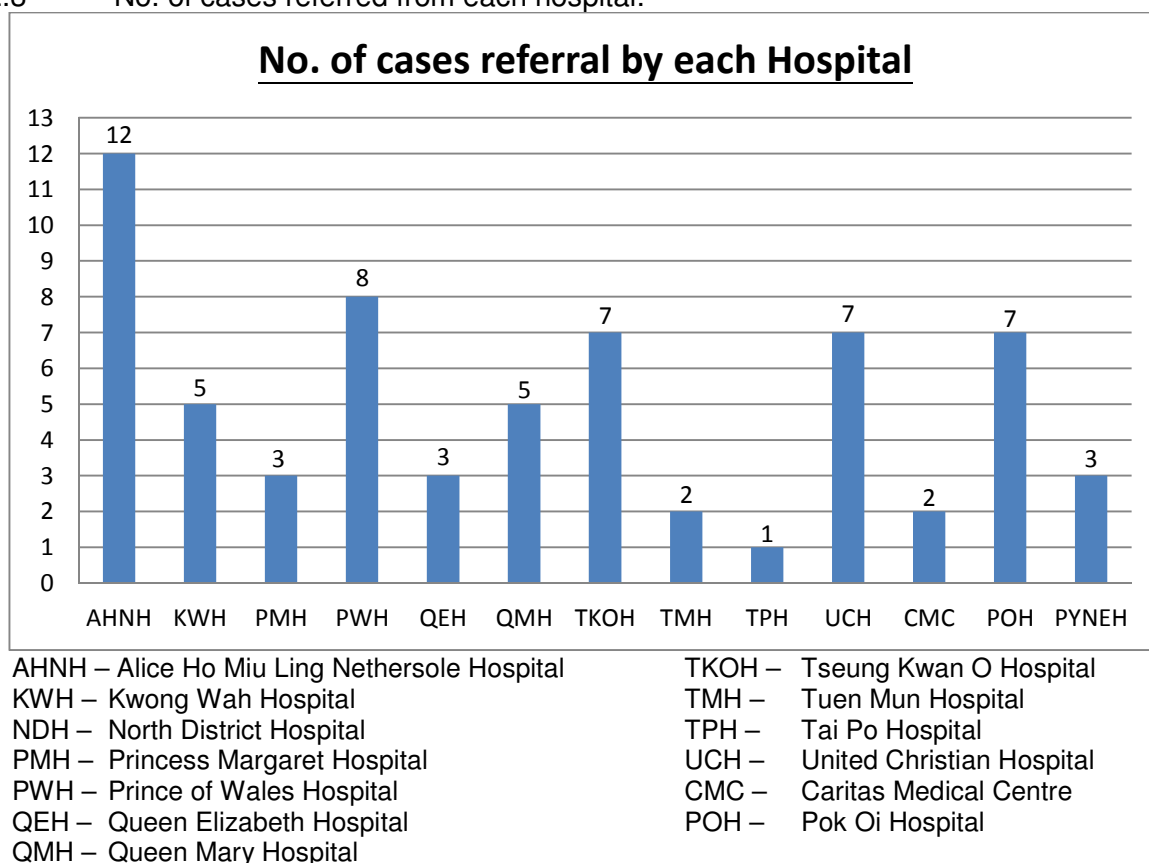
Total number of application received: 65 Approved: 65

Total cost of subsidised medications: HK\$2,366,338.00

2.2 Drug required and financial level:



2.3 No. of cases referred from each 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 2016 to 31 March 2017:

Number of application received: 2
Total amount: HK\$ 10,000.00

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 2016 to 31 March 2017:

Total number of applications received:	4	Approved:	4
			<u>Support Amount</u>
HK Ankylosing Spondylitis Association		HK\$	1,500.00
B27 Association		HK\$	8,000.00
牽晴風		HK\$	4,308.00
HK Paediatric Rheumatism Association		HK\$	5,000.00
HK Rheumatoid Arthritis Association		HK\$	3,500.00
	Total:	HK\$	24,048.00

5 **Special Project Fund**

The self-help groups were lacking in resources to organize some projects in larger scale. This new Fund for the self-help groups for specific projects was set up since 2016, which could benefit more patients with arthritis and rheumatism. The maximum amount for each project was HK\$20,000 and maximum 2 projects would be awarded.

Total number of application received: 2 **Approved: 1**

Organization: B27 Association
Project: Understand Enneagram Workshop
Funded Amount: HK\$20,000

6 **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.

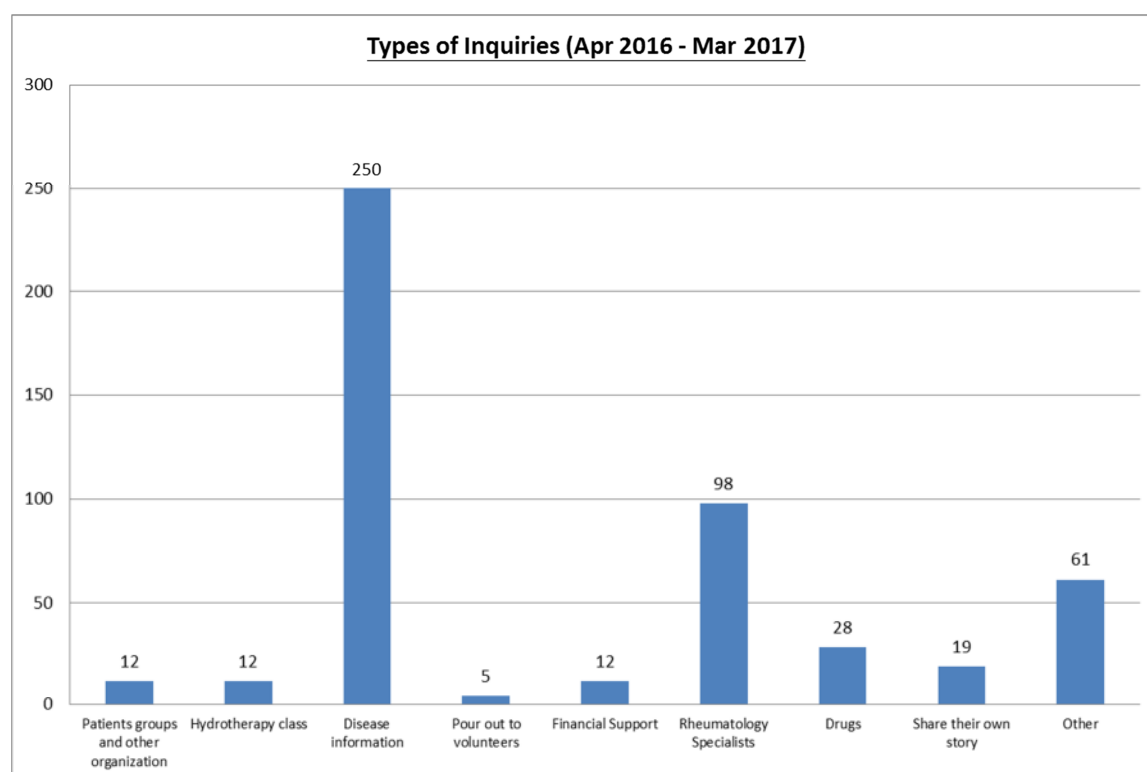
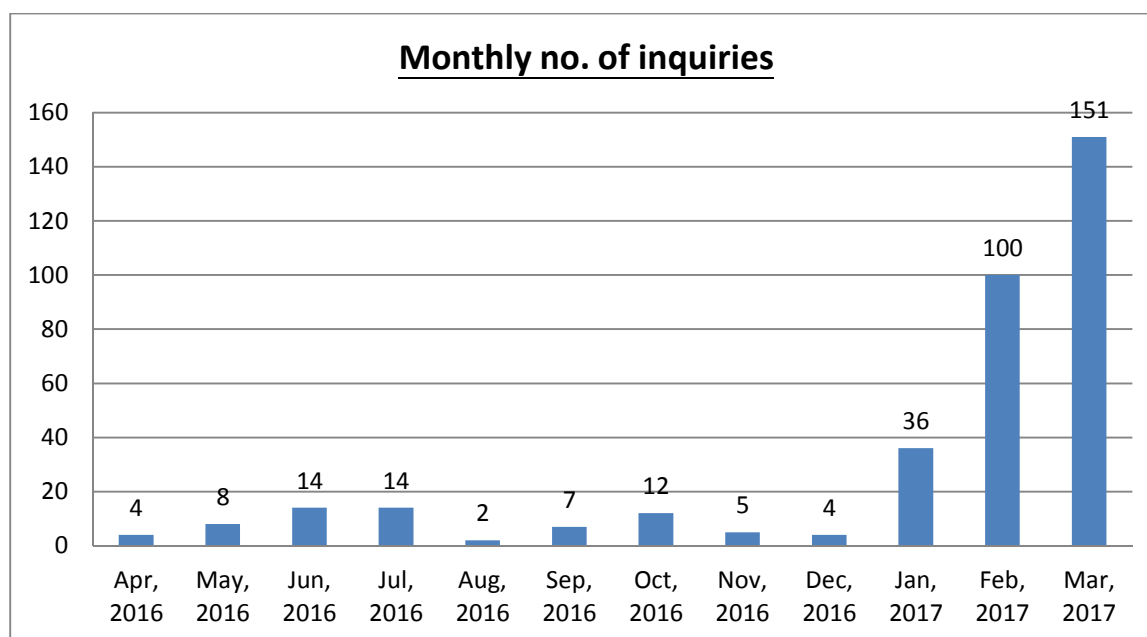
There were advanced counselling training workshop for the volunteers by Prof. Peter Lee's team from 5 July to 9 August. The 4-sessions workshop provided a chance to the volunteers to review their skills and discuss a suitable module for arthritis patients' peer counselling service.

Report on the Arthritis Helpline from 1 April 2016 to 31 March 2017:

Total number of incoming calls: 357

Joined "Arthritis Buddy" programme: 11

Average duration of a call: 10.2 mins



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

Patients groups and other organization:	12
Hydrotherapy class:	11
Disease information:	250
Pour out to volunteers:	5
Financial Support:	12
Rheumatoid Specialists:	98
Drugs:	28
Share their own story	19
Other:	61

6 Website Q&A and Email Enquiry

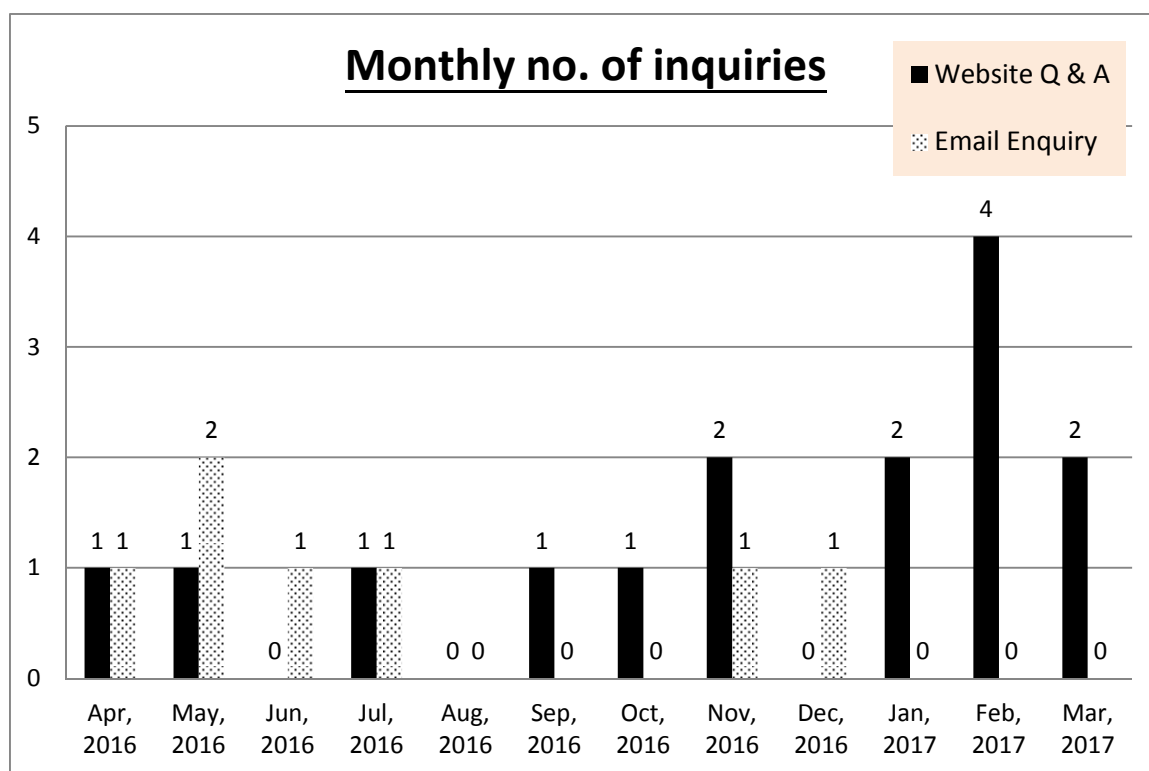
In order to help the public and patients to reduce the worried and concern about the diseases, there is a Q&A session at the Foundation's website. Also, the patients could send their inquiries or questions to us by email. Those questions would be answered by Dr. Emily KUN, our Hon. Advisor, and replied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

Report on Website Q&A from 1 April 2016 to 31 March 2017:

Total number of inquiries: 15

Report on Email Enquiry Q&A from 1 April 2016 to 31 March 2017:

Total number of inquiries: 7



7 Hydrotherapy Programme (funded by Operation Santa Claus)

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). Also, 2 classes, each for 6 patients per week, were also held at Pok Oi Hospital (POH). 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 2016 from 22 February to 31 December 2016

Total number of days: 240 Total number of lessons: 480

Total number of attendances: 4,430 Total number of beneficiaries: 247

	Total no. of Enrollment	Total no. of registered	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	124	152	88	24	12	97	24	3	45	21
2	124	158	88	24	12	104	14	6	23	9
3	124	163	88	24	12	99	18	7	24	6
4	122	160	88	24	12	106	12	4	20	8
5	124	153	88	24	12	104	17	3	31	14
	618	786	438	120	60	510	85	23	143	58

Hydrotherapy class referrals from 1 January to 31 March 2017

Total number of new referral cases: 48

	Total no. of Enrollment	Total no. of registered	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	122	152	88	24	12	98	24	3	22	8
2	124	159	88	24	12	99	25	4	31	3
	246	311	176	48	24	197	49	7	53	11

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 24 February to 31 December 2016:

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	21	6	15	13	8	7	1

2	20	2	18	14	6	3	1
3	22	3	19	15	7	3	0
4	20	1	19	14	6	1	0
5	20	2	18	13	7	2	0
6	20	4	16	12	8	7	3
7	17	1	16	12	5	2	1
Total	140	19	121	93	47	25	6

PT Exercise Classes 2017 **from 15 February to 31 March 2017:**

Total number of new cases referral: 13

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	7	12	12	7	7	2
2	22	5	17	14	8	3	1
Total	41	12	29	26	15	10	3

8.2 OT Consultation Service

OT Consultation and Assessment Sessions were held for individual patients **from 1 April 2016 to 31 March 2017:**

Total number of new referral cases:23

Enrolled: 26 Withdrawn: 1

Total number of sessions served: 39

Total number of splints made: 9

Finger	Paddle	Resting	Working	Night
0	0	6	3	0

Current waiting time for new appointment: 1 week

8.3 Health Check Day

The first Health Check Day: **3 December 2016**

Total number of participants: 32

Checking items:

- 1) Uric Acid checking
- 2) Atrial fibrillation examination
- 3) Bone density checking
- 4) BMI

After checked the above 4 items, there would be a medical student to explain the report.

8.4 Arthritis Self-Management Programme

Arthritis Self-Management Programme was conducted for interested patients in groups from **1 April 2016 to 31 March 2017**:

Total number of cases referral: 6

Class Period	Venue	No. of participants (attendance)	No. of sessions (reunion session)
16 Apr – 7 May 2016	CRN Li Cheng Uk Centre	15	1
28 Sep – 17 Oct 2016	CRN Prince of Wales Centre	11	6
27 Sep – 18 Oct 2016	CRN Li Cheng Uk Centre	13	10
15-29 Oct 2016 & 12-26 November 2016	Tseung Kwan O Hospital	11	-
28 Oct – 18 Nov 2016	CRN Kornhill Centre	11	0
2 Dec –23 Dec 2016	CRN Wang Tau Hom Centre	10	-
Total		71 (65)	17 (28)

9 **New Exercise programme 2017 (funded by Operation Santa Claus)**

Since 2017, newly acquainted sports, floor curling will be introduced to raise the patients' interest. The floor curling competition will be held at the International Arthritis Day carnival to motivate patients to practice. Successful experience can reinforce their exercise habit and demonstrate that arthritis persons can exercise in spite of their pain and it can help to control their body weight to release the pressure of their joints and strengthen their muscle.

Another type of exercise, laughter yoga will also be introduced to arthritis patients. It is a practice involving prolonged voluntary laughter. Laughter yoga is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. Laughter Yoga is like an aerobic exercise (cardio workout) which brings more oxygen to the body and brain thereby making one feel more energetic and relaxed. It could help to improve the patients' fitness physically and mentally.

9.1 Laughter Yoga

Period: 1 January to 31 March 2017

	Total no. of participants	Repeaters	No. of new cases referral	No. of withdrawal
Phase 1 March	12	0	12	0
Phase 2 May	8	0	8	1
Total	20	0	20	1

9.2 Floor Curling

Period: 1 January to 31 March 2017

	Total no. of participants	Repeaters	No. of new cases referral	No. of withdrawal
Phase 1 April	12	0	12	0
Phase 2 June	21	4	17	0
Total	33	4	29	0

Total Expenditure during the period 1 April 2016– 31 March 2017

	Approved Cases	Approved Amount
1. Patient Support Fund	101	HK\$ 166,417.00
2. Expensive Drug Support Scheme	65	
3. Emergency Fund	2	HK\$ 10,000.00
4. Activity Fund	4	HK\$ 24,140.00
5. Special Project Fund	1	HK\$ 20,000.00
6. "Arthritis Buddy" Helpline (Volunteers allowance)		HK\$ 2,190.00

Net Expense: HK\$ 222,747.00

Programme supported by OSC**Income: (Started from March 2015)**

1. OSC Funding	HK\$	1,100,000.00
2. Hydrotherapy program 2015 participants' fee	HK\$	190,340.00
3. Hydrotherapy program 2016 participants' fee	HK\$	160,040.00
4. Hydrotherapy program 2017 participants' fee	HK\$	21,920.00
5. PT Class 2015 participants' fee	HK\$	26,160.00
6. PT Class 2016 participants' fee	HK\$	26,880.00
7. PT Class 2016 participants' fee	HK\$	7,080.00
8. OT 2015 consultation fee	HK\$	2,160.00
9. OT 2016 consultation fee	HK\$	1,620.00
10. OT 2017 consultation fee	HK\$	180.00

HK\$ 1,536,380.00

Expense:

1. Promotion leaflets	HK\$	1,700.00
2. PT/OT Insurance 2015	HK\$	4,000.00
3. PT/OT Insurance 2016	HK\$	4,000.00
4. PT fee 2015 (phase 1-7)	HK\$	55,440.00
5. PT fee 2016 (phase 1-6)	HK\$	54,000.00
6. PT equipment and materials	HK\$	1,738.00
7. OT fee (Ms Joy Lau)	HK\$	2,500.00
8. OT fee (Ms Kristan Leung)	HK\$	12,600.00
9. OT fee (Ms Trix Lau)	HK\$	4,000.00
10. OT fee (Mr. Ernest Yu)	HK\$	10,000.00
11. OT equipment and materials	HK\$	1,040.00
12. Health Check 2015	HK\$	300.00
13. Hydrotherapy program 2015 – Insurance	HK\$	4,500.00
14. Hydrotherapy program 2015 (PT fee Phase 1-6)	HK\$	186,560.00
15. Hydrotherapy program 2015 (POH PT fee Phase 1-6)	HK\$	32,200.00
16. Hydrotherapy program 2015 (POH Pool rental Phase 1-6)	HK\$	20,250.00
17. Hydrotherapy program 2015 (QEH Pool rental Phase 1-6)	HK\$	119,000.00
18. Hydrotherapy program 2015 (PYNEH Pool rental Phase 1-5)	HK\$	25,200.00
19. Hydrotherapy program 2015 Refund	HK\$	600.00
20. Hydrotherapy program 2016 – Insurance	HK\$	4,500.00
21. Hydrotherapy program 2016 (PT fee Phase 1-4)	HK\$	160,000.00
22. Hydrotherapy program 2016 (POH PT fee Phase 1-5)	HK\$	32,000.00
23. Hydrotherapy program 2016 (POH Pool rental Phase 1-2)	HK\$	13,050.00
24. Hydrotherapy program 2016 (QEH Pool rental Phase 1-5)	HK\$	110,600.00
25. Hydrotherapy program 2017 (POH PT fee Phase 1)	HK\$	6,400.00
26. Promotion for ASMP	HK\$	6,510.00

HK\$ 875,688.80

OCS Funding Remaining (PT/OT):

HK\$ 660,691.20

Programme supported by OSC 2017**Expense:**

1. Floor curling equipment	HK\$	27,000.00
2. <u>Postage for mailing Laughter Yoga & Floor Curling poster</u>	HK\$	<u>815.00</u>
	<u>HK\$</u>	<u>27,815.00</u>

Report of the Scientific Committee (2016/17)

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 March 2016, an application from Dr. Philip Li, a trainee of Rheumatology and full-time resident in Queen Mary Hospital was received. He applied for the scholarship to enhance his knowledge and skills on allergy and clinical immunology by practicing overseas at Department of Immunology of St Bartholomew's Hospital. The training programme lasted for 6 months from July to December 2017. 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.

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.

3) "East meets West" educational series

To promote the interflow of knowledge and experience on disease management between health care professionals practicing Western medicine and traditional Chinese medicine in the field of rheumatology, the symposium was held on 5 June 2016. Speakers from different professional fields including specialist in rheumatology, Orthopaedics & Traumatology, registered Chinese medicine practitioner, physiotherapist and occupational therapist were invited to share their viewpoints and discuss with the participants. The details were listed below:

Topic: Rheumatoid Arthritis (RA)

Date: 25 June 2016 (Sat)

Time: 2:00pm – 5:00pm

Venue: Y302, Main Campus, The Hong Kong Polytechnic University

No. of Attendant: 58

Appendix

Activity List 2016/17

List of activity for the year 2016/17 (for the year ended 31 March 2017)

Date	Event	Committee
16 April 2016	Seasonal Educational Talk – AS & Exercise Speaker: Dr. Yim Cheuk-wan Ms. Lavinia Wong (PT) No. of participants: 124	Education Committee
13 – 16 May 2016	4th Ambassador Interflow Trip Venue: Taipei No. of participants: 14	Education Committee
28 May 2016	Seasonal Educational Talk – Scleroderma & Sjogren Syndrome Speaker: Dr. Ma Kai-yui Dr. Julia Chan No. of participants: 103	Education Committee
25 June 2016	“East meets West” educational series Speaker: Dr. Temy Mok Dr. Yan Chun-hoi Mr. Lee Yin-tsan (registered Chinese medicine practitioner) Mr. Raymond Tsang (PT) Ms. Linda Wong (OT) Mr. Oliver Ma (registered Chinese medicine practitioner) No. of participants: 58	Scientific Committee
30 June – 17 November 2016	Health Column in Metro Daily Total no. of articles: 10	Education Committee
July 2016	Newsletter – Arthritis Care Vol. 23 No. of issues: 5,000	Newsletter Sub-committee
5 July – 9 August 2016	Train the trainer – Counseling workshop	Education Committee
23 July 2015	PsA Health Check Day No. of participants: 59 Venue: CRN Kornhill Centre	Education Committee
August 2016	HKARF Facebook page launched	Education Committee
27 August 2016	Arthritis Patient Conference Guest of Honour: Prof. Sophia Chan Speaker: Dr. Carole Li Dr. Tong Sheung-chi Prof. Tam Lai-shan Dr. Ronald Yip Dr. Gavin Lee Dr. Chan Tak-hin Ms. Joyce Lam Ms. Ida Lan No. of participants: 349	Education Committee
24 September 2016	Seasonal Educational Talk – OA Treatment & Exercise Speaker: Dr. Ricky Tang Ms. Mandy Mak (PT) No. of participants: 135	Education Committee

Date	Event	Committee
23 October 2016	IAD 2016 Carnival Venue: Open square at Tin Ching Estate No. of participants: 2,000	Education Committee
6 November 2016	Seasonal Educational Talk – Gout Treatment & Diet Trips Speaker: Dr. Wan Man-choi Mr. Leslie Chan (Registered Dietitian) No. of participants: 173	Education Committee
28 November 2016	Educational Talk – SLE patients' menstrual problem Speaker: Dr. Mok Chi-chiu Dr. Mimi Fung No. of participants: 68	Education Committee
3 December 2016	Health Check Day No. of participants: 32 Venue: HKARF HKJC Patient Resource & Training Centre	Patient Support Committee
6 December 2016	Christmas Party for helpline and hydrotherapy programme volunteers No. of participants: 28	Executive Committee
January 2017	Newsletter – Arthritis Care Vol. 24 No. of issues: 5,000	Newsletter Sub-committee
8 January 2017	Educational Talk – How to deal with osteoporosis Speaker: Dr. Woo Yu-cho Ms Connie Loong No. of participants: 108	Education Committee
26 February 2017	Chinese New Year Party	Executive Committee
26 February 2017	Hong Kong St. John Ambulance Brigade Cadet Command's Carnival Content: Bone density checking Venue: Tuen Mun	Education Committee
March 2017	OSC programme – Laughter Yoga starts	Patient Support Committee
11 March 2017	Seasonal Educational Talk – Complications of Rheumatism: gastrointestinal disease Speaker: Dr. Lucia Chau Dr. Kung Kam-ngai No. of participants: 158	Education Committee
19 March 2017	Educational Talk – Dermatomyositis Speaker: Dr. Leung Moon-ho No. of participants: 154	Education Committee

List of activity for the year 2017/18 (for the year ended 31 March 2018)

Date	Event	Committee
April 2017	OSC programme – Floor curling starts	Patient Support Committee
9 April 2017	Educational Talk – Kawasaki Disease Speaker: Dr. Kuo Ho Chang No. of participants: 44	Education Committee
20 May 2017	Seasonal Educational Talk – Nephrology & Rheumatology Speaker: Dr. Tsui Hing Sum Kenneth Dr. Chan Siu Kim No. of participants: 206	Education Committee
27 May 2017	SLE book launched & Press release	Education Committee
24 June 2017	Educational Talk – Vasculitis Speaker: Dr. Chan Ka-yan, Helen No. of participants: 80	Education Committee
15 July 2017	Educational Talk – AS management Speaker: Dr. Ronald Yip No. of participants: 120	Education Committee
26 August 2017	Educational Talk – Usage of Biologic for treatment Speaker: Dr. Chan Tak-hin Mr. Cheng Wing-tak No. of participants: 247	Education Committee
16 September 2017	Seasonal Educational Talk – Neurology & Rheumatology Speaker: Dr. Virginia Lao Dr. Eric Yeung No. of participants: 150	Education Committee
24 September 2017	Educational Talk – RA & JIA Speaker: Dr. Gavin Lee Dr. Lee Kwok-piu No. of participants: 73	Education Committee
October 2017 – October 2018	Patient sharing in monthly magazine “健康創富”	Education Committee
1 November 2017	Charity Dinner 2017	Fund-raising Committee
11 November 2017	Educational Talk –Rheumatology and Eyes Speaker: Dr. Yu Ka-lung Dr. Li Yuen-mei No. of participants: 160	Education Committee
12 November 2017	IAD 2017 Carnival cum Floor curling competition Venue: Kwai Tsing Theatre Plaza	Education Committee
6 December 2017	Christmas Party for helpline and hydrotherapy programme volunteers No. of participants: 28	Executive Committee
9 December 2017	Educational Talk – Gout and kidney Speaker: Dr. Yim Cheuk-wan Dr. Lo Hok-king, Stanley No. of participants: 176	Education Committee

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