



Annual Report 周年報告

2017/18

(for the year ended 31 March 2018)

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

As the Hong Kong Arthritis & Rheumatism Foundation (HKARF) continues to extend the reach of our support to rheumatic disease patients in Hong Kong, we enjoyed another rewarding year that illustrates our strength and positions us for even greater patients' impact.

We provided over 6,700 patient-sessions of hydrotherapy and physiotherapy for more than 300 patients this year, which was a 30% increase in session numbers than the previous year. Despite the relaxation of the Hospital Authority's Samaritan Fund eligibility criteria, affordability of the expensive biologic agents deter many patients from purchasing these effective medications. During this past year, HKARF has continued to collaborate with the pharmaceutical industry to supply more than 1.7 million dollars' worth of biologic agents for our needy patients.

Our educational activity has seen significant expansion. We launched a book on systemic lupus erythematosus (SLE), with articles contributed by both medical experts and patients alike. We've begun publishing a series of booklets on a various rheumatic disease to be distributed to patients in hospitals and clinics. Education events were held in different community centres and on the Facebook page to raise disease awareness among the patients and the public.

This year we saw another successful charity dinner, which raised 1.7 million dollars to support further activities of the Foundation. We have launched a fundraising program called "Hydrotherapy Donation Wall" to raise fund for the very popular hydrotherapy.

We continue to face a lot of challenges when delivering our service to the patients, but we're blessed to have a dedicated team of administrative staff and volunteers. Last, but not the least, I'd like to express my heartfelt gratitude for the members of the Executive Committee and all Standing Committees for their unreserved support, without them we won't be able to achieve so much for the arthritis patients in Hong Kong.



Dr Chan Tak Hin
Chairman

主席的話

在這一年，香港風濕病基金會持續為香港的關節免疫病患者，提供適切的社區復康服務。我們為患者提供的水療和物理治療運動班的數目，比過去一年增加了 30%，達到 6,700 多人次。受惠的病人數目超過 300 人。雖然醫院管理局已經放寬了「撒瑪利亞基金」資助藥物的規限，但很多關節炎患者仍然因為經濟困難而未能接受昂貴的生物製劑治療。基金會和本港的藥廠合作，為病人提供「昂貴藥物支援計劃」。去年一共資助超過 170 萬元的藥物，讓 40 多名的患者能夠接受昂貴藥物的治療，重過正常的社交生活。

基金會亦繼續推動公眾和病患者的健康教育工作，在 2017 年發表了首本介紹紅斑狼瘡病的中文書籍——《與狼共舞》。內容訪問了不同的專職醫護人員和不同年齡，及人生階段的狼瘡病患者，介紹紅斑狼瘡的最新治療和病患感人的故事。又見於初確診風濕病的病人需要多了解自身疾病和治療的重要性，基金會在本年開始陸續印刷各種常見風濕病的病科小冊子，也頻繁地在各區和網上社交平台推動各式各樣的健康教育活動，務求令病患者能夠得到最新及正確的醫療資訊。

基金會在 2017 年 11 月舉行了「金曲傳愛慈善晚宴 2017」，成功籌募了超過 130 萬元的善款，為基金會未來一年的服務提供了不可或缺的支援。我們在慈善晚宴上正式啟動了「愛心水療捐獻牆」的籌款計劃，為水療服務籌募經費。

為病患者提供服務的過程中，我們遇到大大小小的挑戰，有賴一班充滿熱誠的行政人員和義工，我們才能夠把難題一一解決。最後我在此衷心感謝執行委員會和各常務委員會的成員的支持和參與，使基金會在香港風濕病患者復康服務上繼續扮演一個重要的角色。

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

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
	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. Joyce Man	文凱儀女士
	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>2016/17</u>	<u>2017/18</u>
Sessions 節數:	478	576
No. of patient-session 人次:	4,430 (247 patients)	5,784 (268 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，由 2017 年 10 月開始，每星期增至四班。

Targets: Patients suffering from degenerative arthritis (osteoarthritis) and other chronic rheumatic disease

對象： 退化性關節炎及慢性風濕病患者

	<u>2016/17</u>	<u>2017/18</u>
Sessions 節數:	126	144
No. of patient-session 人次:	673 (37 patients)	978 (47 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>2016/17</u>	<u>2017/18</u>
No. of patient-session 人次:	39	14

Laughter yoga 大笑瑜伽

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。

	<u>2017/18</u>
Sessions 節數:	20
No. of patient-session 人次:	156 (39 patients)

Floor curling 地壺訓練

In March 2017, HKARF introduced this team sport, which is suitable for people of all ages and ability levels. Regular Basic and Advanced Floor Curling classes were held in our Nam Shan Centre.

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。

Basic 2017/18
Sessions 節數: 20
No. of patient-session 人次: 212 (53 participants)

Advanced 2017/18
Sessions 節數: 4
No. of patient-session 人次: 48 (12 participants)



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 to support the underprivileged patients to purchase 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>2016/17</u>	<u>2017/18</u>
No. of application approved 批核申請:	101	96
No. of beneficiaries 受惠人數:	36	37
Average subsidy amount 平均資助額:	HK\$4,623 per patient	HK\$4,662 per patient
Total subsidy amount 總支援金額:	HK\$166,417	HK\$172,507

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>2016/17</u>	<u>2017/18</u>
No. of application approved 批核申請:	2	1 (rejected)
Total cost of subsidised medications 總支援藥物金額:	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 its members. The maximum funding amount was increased from HK\$5,000 to HK\$8,000 per year 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>2016/17</u>	<u>2017/18</u>
No. of grants approved 已批資助數目:	5	5
No. of beneficiaries 受惠人數:	905	1,080
Total amount 總資助金額:	HK\$24,048	HK\$35,650



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 2017.

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，2017 年 B27 協進會成功申請。

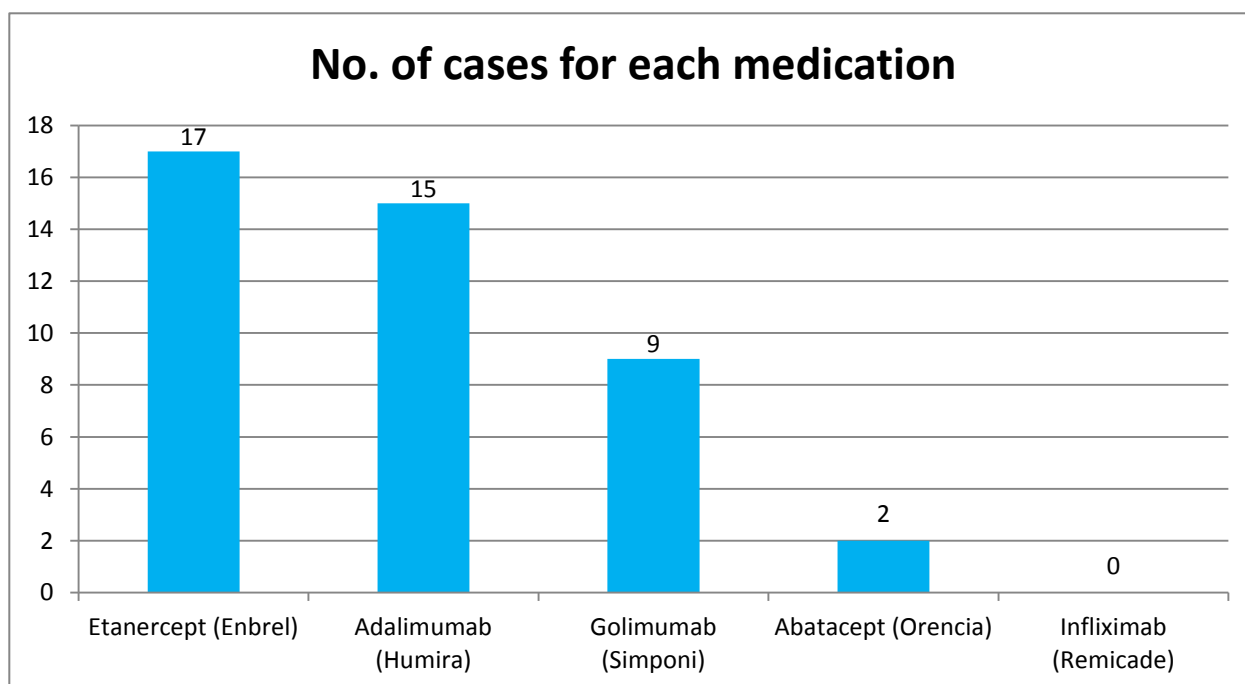


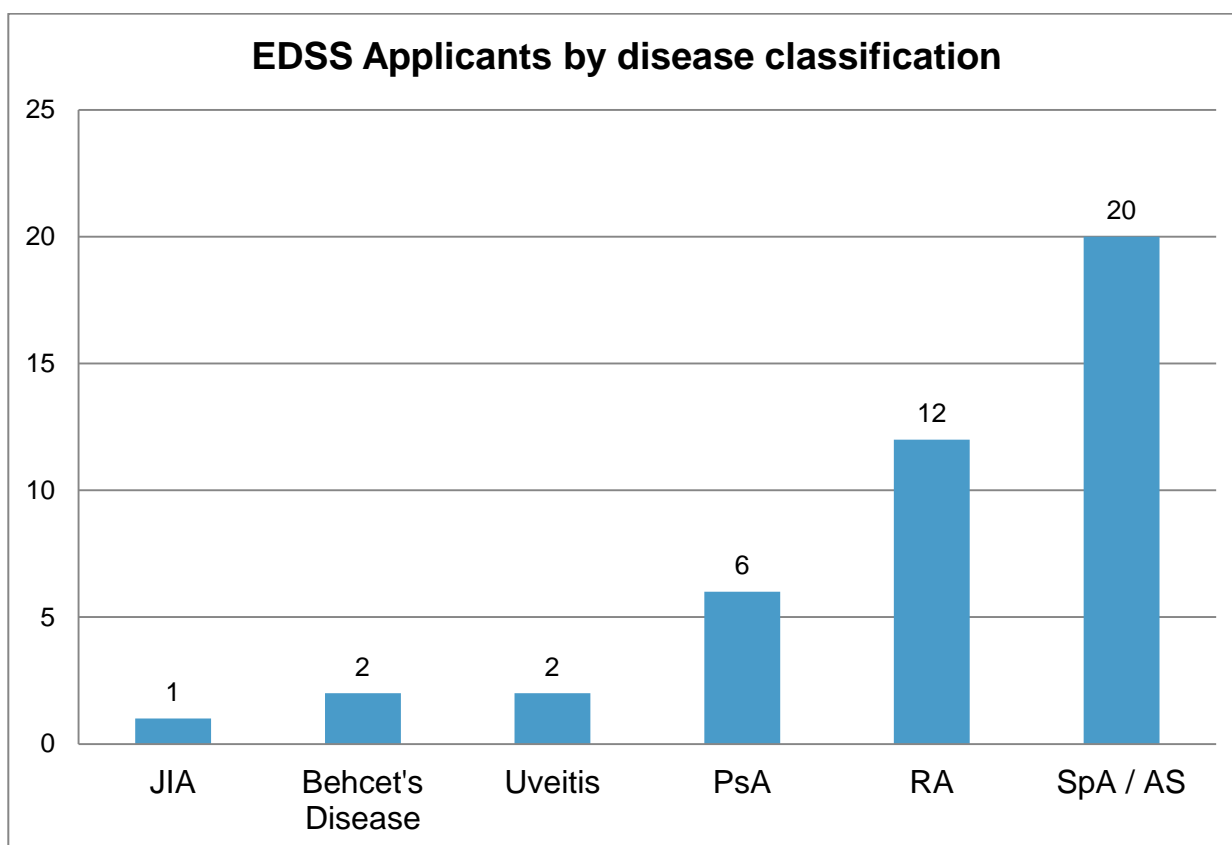
Expensive Drug Support Scheme (EDSS) 昂貴藥物支援計劃

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 subsidised 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。2017 年，計劃下的藥物為五種，全部為常用的生物製劑。

	<u>2016/17</u>	<u>2017/18</u>
<i>No. of beneficiaries</i> 受惠人數:	65	43
<i>Total cost of subsidised medications</i> 總支援藥物金額:	HK\$2,366,338	HK\$1,715,133





SpA / AS – Spondyloarthritis / Ankylosing Spondylitis 脊椎關節炎 / 強直性脊椎炎

RA – Rheumatoid Arthritis 類風濕病性關節炎

PsA – Psoriatic Arthritis 銀屑病關節炎

Uveitis 虹膜炎

Behcet's Disease 白塞氏症

JIA - Juvenile Idiopathic Arthritis 幼年特發性關節炎

PUBLICATIONS 出版

Newsletters 基金會會訊

HKARF publishes Chinese and English newsletters regularly. Arthritis Care, the biannual Chinese newsletter, provides the public and patients an update on the activities of the Foundation. 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. Booklets on RA, OA, SLE, Gout and Dermatomyositis were launched in March 2017. Each booklet was co-authored by one rheumatologist and one rheumatology nurse. The booklets of AS, PsA, vasculitis, scleroderma and Sjögren's syndrome were under processing this year and expected to launch in the first quarter of 2019.

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。強直性脊椎炎、銀屑病關節炎、血管炎、硬皮症及乾燥綜合症在本年度製作中，預定在 2019 年首季推出。

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. Dr. Mok Chi-chui, Ms To Siu-kiu, Ms Rainbow Ip and Ms Yvonne Li attended the book launch ceremony on 27 May 2017. The story of Ms To Siu-kiu, the young artist with lupus, 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，並邀請了莫志超醫生、藝人杜小喬小姐、病友葉潔芯小姐及李燕嫻小姐出席作推廣。



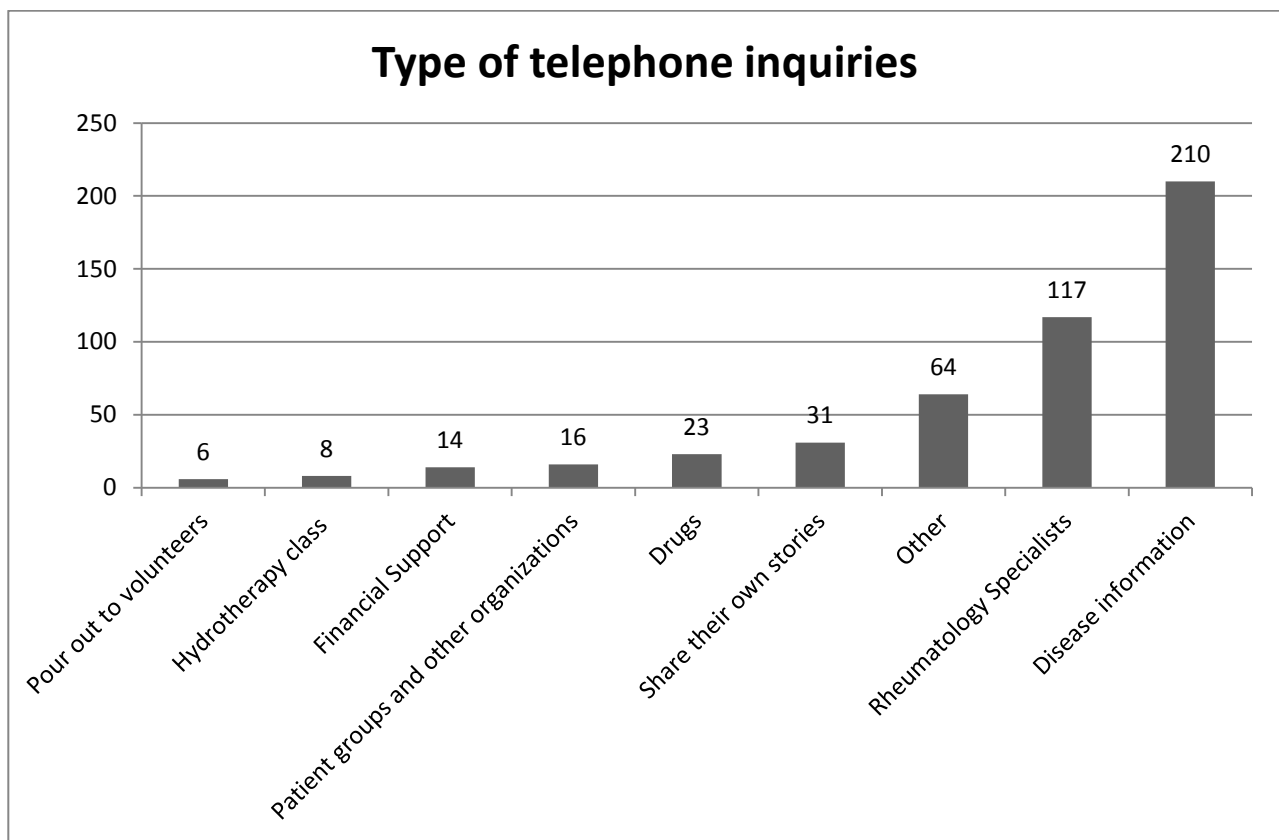
PATIENTS SUPPORT SERVICE 病患者支援服務

Arthritis Buddy Helpline 風知己朋輩電話熱線

HKARF volunteers run a telephone hotline four days per week. Majority of the inquiries are about disease information. A counselling training workshop 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>2016/17</u>	<u>2017/18</u>
No. of telephone inquiry 查詢電話數目:	357	365



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>2016/17</u>	<u>2017/18</u>
Total number of talks 講座數目:	8	9
No. of beneficiaries 受惠人數:	1023	1096
No. of participants in Patient Conference 研討會參加人數:	349	-

Topic of talks 講座主題

- Kawasaki Disease 川崎症
- Nephrology & Rheumatology 風濕科共病：腎科問題
- Vasculitis 血管炎
- AS management 強直性脊椎炎的管理
- Usage of Biologic for treatment 生物製劑治療
- Neurology & Rheumatology 風濕與神經科
- RA & JIA 關節炎可大可小
- Rheumatology and Eyes 風濕科共病：眼科問題
- Gout and kidney 痛風與腎科



Multidisciplinary educational symposium 跨學科醫學交流

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 multidisciplinary educational symposium on 12 August 2017. The topic was osteoarthritis and there were 40 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 2017 年 8 月 12 日舉辦了「跨學科醫學交流」研討會，是次研討會題目為骨關節炎，共有 40 位不同專業的醫護人員參加。



International Arthritis Day – Floor curling competition 醫患同心 – 活力風濕同樂日

A thanksgiving lunch with health care workers and the 1st Floor curling competition were held in Kwai Fong on 12 November 2017 to commemorate the World Arthritis Day. The thanksgiving lunch provided an opportunity for the patients to express their gratitude to the health care workers and to strengthen their relationship. Also, the first Floor curling competition was held on the same day to enable patients to achieve sporting excellence and to inspire the public on the new sport.

響應國際風濕病日的「醫患同心 – 活力風濕同樂日」於 2017 年 11 月 12 日在葵芳舉行，當日亦進行了「醫患同心宴」，聚集不同的風濕科醫療團隊及各科病人自助組織，在葵芳一間酒樓內午膳，目的希望提供機會讓醫患之間有更深入的认识。而第一屆「風之友地壺賽」亦同日舉行，讓病友能享受到競技運動的趣味，也藉此讓大眾更了解風濕病患者。



HKARF Facebook page 香港風濕病基金會面書專頁

Given the social media gradually became one of the most important ways to interact with the public, the HKARF Facebook page was launched on August 2016. This has become the platform to promote the Foundation and to provide disease information to the new generation.

互聯網已經變成每位城市人不可分割的一部分，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。除了在面書宣傳基金會的活動外，更有不同系列的病科資訊和由病友撰寫的「風中故事」。

Facebook post series 面書活動系列

AS Campaign 挺起腰骨撐起病友

SLE Book Promotion 「與狼共舞」宣傳

Facebook Live – AS 風濕會客室 – 強直性脊椎炎

Rheumatic & Foot 風濕與足部

Complications 度度都可以風濕

Gout 痛風

Biologics 生物製劑

Facebook Live – Gout 風濕會客室 – 痛風

Influenza & vaccine 流感與疫苗

MM/YY

05/17

06/17

06/17

06/17

07/17

09/17

10/17

11/17

02/18

No. of clicks/actions

27,480

2,284

470

581

863

796

774

858

431



Health Checkup 健康檢查日

HKARF organises regular health checkup in different regions. A musculoskeletal health check day was held on 20 January 2018 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，2018年1月20日在屯門大興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>2016/17</u>	<u>2017/18</u>
No. of health checkup 健康檢查日次數:	2	1
No. of participants 參加者人數:	91	40



FUNDRAISING 籌款活動

Charity Dinner 金曲傳愛慈善晚宴

A charity dinner was held successfully on 1 November 2017 at the Holiday Inn Golden Mile, Kowloon. The theme was "Spread Love with Songs" and the Hydrotherapy Donation Wall was launched at the Dinner. A total of 300 guests attended. \$1.67 million donation was received to support our future patients' service.

慈善晚宴於 2017 年 11 月 1 日在金城假日酒店宴會廳圓滿舉行，當晚以「金曲傳愛」為主題，並且進行了「樂助水療捐獻牆」的揭幕禮，當晚共 300 位善長出席支持，共籌得 \$1,800,000 善款，扣除成本開支後淨收善款為 \$1,670,000。



Donation Wall for Hydrotherapy 樂助水療捐獻牆

Hydrotherapy programme is the most popular service of the Foundation. Up to 2018, HKARF has served more than 50,000 patient-sessions. In order to maintain and expand the service, "Hydrotherapy Donation Wall" project was launched in 2017 to raise fund for the service. The project was supported by the following donors and companies:

由於水中運動有助於緩解風濕病患者的病情，基金會開展的「水療練習計劃」至 2018 年受惠人次共 5 萬，投放資源接近 200 萬元。為了能持續提供服務予風濕病患者，基金會誠邀各位善長支持樂助水療捐獻牆計劃，捐助水療服務經費，以愛心支持風濕病患者。在 2017 年 11 月 1 日的慈善晚宴中舉行了風濕水療捐獻啟動禮，為計劃揭開序幕，並已經得到以下善長支持：

Gold Sponsorship 暖心贊助

SOGO Hong Kong Co. Ltd

崇光(香港)百貨有限公司

Novartis Pharmaceuticals (HK) Ltd

瑞士諾華製藥(香港)有限公司

Silver Sponsorship 樂心贊助

Janssen Pharmaceuticals

楊森大藥廠

Ms. Chan King-chu

陳琮珠女士

Copper Sponsorship 善心贊助

Pfizer Corporation Hong Kong Ltd.

美國輝瑞科研製藥有限公司

Mr. Chan Kar-lok

陳家樂先生

Mr. Elton Ng

吳俊霆先生

香港風濕病基金會
Hong Kong Arthritis & Rheumatism Foundation Ltd.

全港估計約有八千五百名患有風濕病。風濕病包含許多種不同的病症，除了骨節疼痛外，其他系統如心臟、肺、神經系統、血液系統等，亦可能受風濕病影響。風濕病是一種慢性、長期性的疾病，對患者的生活有重大影響。

風濕病發作的初期症狀是關節痛，但若不早作治療，將會累及心臟、肺、神經、肝臟及腸胃等，因此患者應及早治療以控制病情，對患者的生活有重大影響。

香港風濕病基金會曾於2017年舉辦公開講座，向公眾介紹風濕病的相關知識，並提供有關風濕病的最新資訊。基金會亦會繼續為患者提供不同方面的支援，以確保患者能安穩、舒適地生活。

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. Besides, the Foundation works closely with the professionals of the HKSR in patients and public education.

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。另外，基金會亦和學會緊密合作，更新病科資訊以教育病人及公眾。

COLLABORATION WITH SELF-HELP GROUPS 與病人自助組織的合作

Hong Kong has many self-help groups serving patients with different autoimmune and rheumatic disease. HKARF continues to work closely with all rheumatic disease self-help groups in organising education events for new and existing members. Currently, secretarial staff of Hong Kong Ankylosing Spondylitis Association (HKASA), Hong Kong Rheumatoid Arthritis Association (HKRAA), and Hong Kong Psoriatic Arthritis Association (HKPsAA), are working at our Centre. Also, the FoundationH assists the self-help groups in promoting their activities and events through the HKARF website and facebook page.

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。另外，基金會亦會在網頁及面書中協助宣傳病人自助組織的活動。



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 since the establishment of the Foundation in 2001. A joint programme “Arthritis Self-Management Programme” was launched in 2015. Seventy-three newly diagnosed patients participated in this programme in the year of 2017/18.

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.

Besides, the Foundation co-organise the Arthritis Patients Conference with CRN. A conference with the theme of “Autonomous life” was held on 26 August 2018 at the University of Hong Kong with the support of the Department of Social Work and Social Administration of the University of Hong Kong.

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，2017 至 18 年度共有 73 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。

而基金會和香港復康會社區復康網絡每兩年會合作舉辦風濕病患者研討會，2018 年的研討會名為「自主風濕人生」，更得到香港大學香港大學社會工作及社會行政學系合作，於 8 月 26 日在香港大學舉行。



主辦機構：香港風濕病基金會
Hong Kong Arthritis & Rheumatism Foundation Ltd.

協辦機構：香港復康會
The Hong Kong Society for Rehabilitation

關節我自理



對象：
系統性紅斑狼瘡、
類風濕性關節炎、
強直性脊柱炎、
銀屑病關節炎
之患者及家屬

關節炎的常見併發症
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
改善睡眠質素、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：\$60（全期課程共4節及一堂重聚）（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
7月至9月課程		
2017年7月18日至8月8日 (星期二) 下午2:00 - 下午4:30	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
2017年8月2日至23日 (星期三) 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9月7日至28日 (星期四) 下午2:30 - 下午5:00 或 晚上7:00 - 晚上9:30	社區復康網絡康山中心 香港鰂魚涌英皇道1120號康山花園第六座地下 (太古城港鐵站E3出口)	2549 7744
10月至12月課程		
2017年11月2日至23日 (星期四) 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
2017年11月17日至12月8日 (星期五) 下午2:30 - 下午5:00	社區復康網絡橫頭磡中心 九龍黃大仙橫頭磡邨宏禮樓地下	2794 3010
2017年11月27日至12月18日 (星期一) 下午2:30 - 下午5:00 或 晚上7:00 - 晚上9:30	社區復康網絡康山中心 香港鰂魚涌英皇道1120號康山花園第六座地下 (太古城港鐵站E3出口)	2549 7744
2018年1月至3月課程		
2018年1月3日至24日 (星期三) 下午2:00 - 下午4:30	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
2018年3月1日至22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3月3日至24日 (星期六) 下午2:30 - 下午5:00	社區復康網絡康山中心 香港鰂魚涌英皇道1120號康山花園第六座地下 (太古城港鐵站E3出口)	2549 7744

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. Self-help groups organise talks, yoga class, painting class and handicraft art class in the centre.

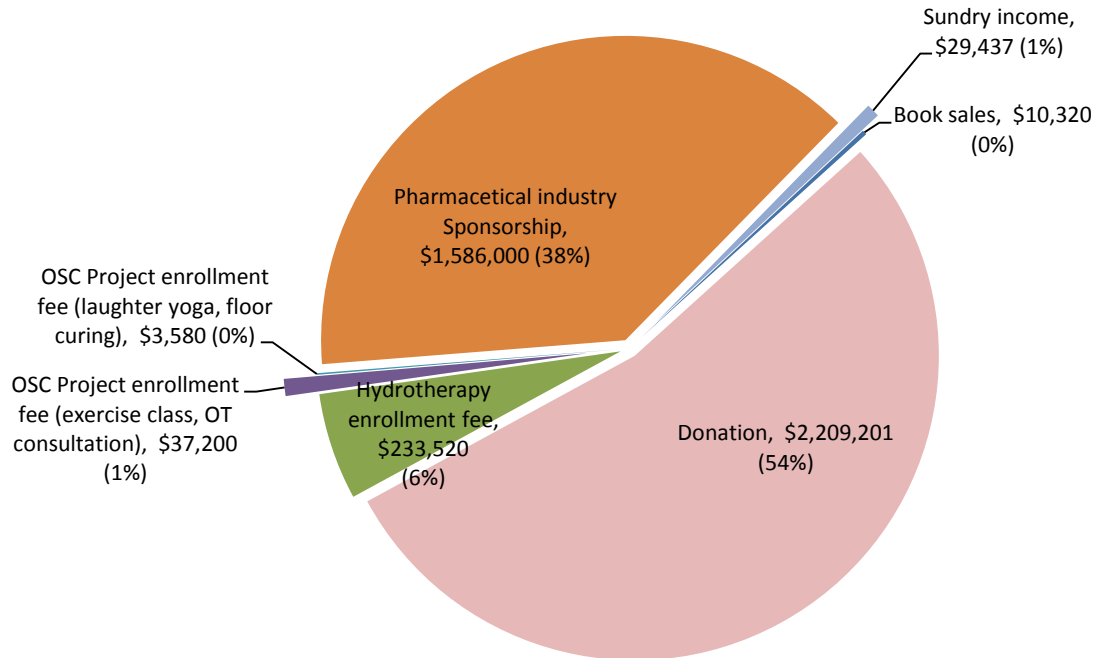
香港風濕病基金會賽馬會病人資源及訓練中心於 2012 年 10 月開幕座落在深水埗南山邨內。基金會在中心內提供不同的服務，使中心成為風濕病患者的第二個家。此外，風濕科病人自助組織亦會於中心內舉辦不同的講座、瑜珈班、畫班及興趣班等，讓患者能透過參加活動及建立興趣，以紓緩痛楚及壓力。



FINANCIAL REPORT

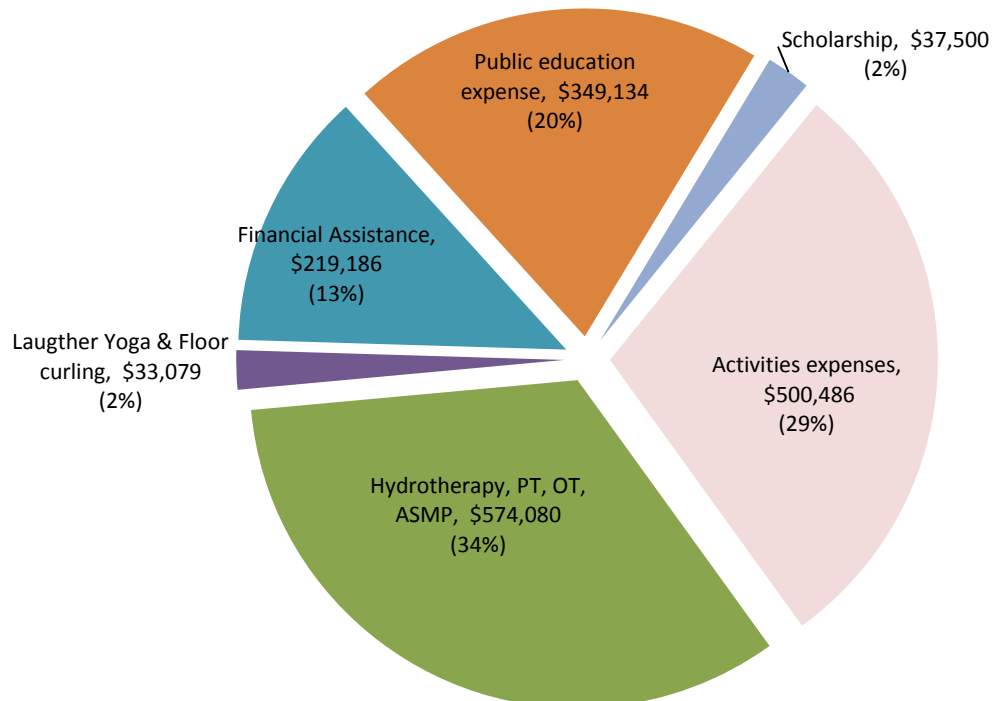
HIGHLIGHTS OF FINANCIAL ACTIVITIES (for the year ended 31 March 2018)

Income (Total HK\$4,109,258)

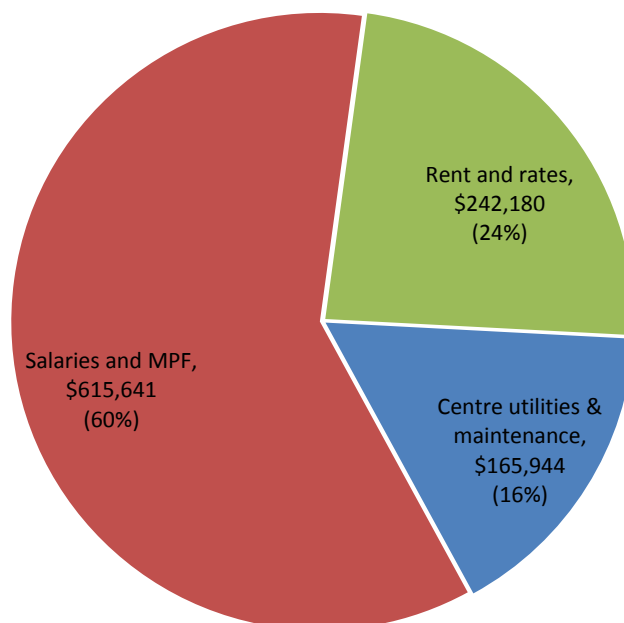


* OSC: Operation Santa Claus

Patients' Service Expenditure (Total HK\$1,713,465)



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

Administrative Expenditure (Total HK\$1,023,765)**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 2018**

	2017/18	2016/17
	<u>HKD</u>	<u>HKD</u>
INCOME		
Book sales	10,320	60
Donation income	2,209,201	124,864
Hydrotherapy income	233,520	213,780
OSC Project income (I)	37,200	35,880
OSC Project income (II)	3,580	1,440
Sponsorship income	1,586,000	963,000
Sundry income	29,437	40,979
	<u>4,109,258</u>	<u>1,380,003</u>
EXPENSES		
Activities expenses*	500,486	361,811
Bank charges	840	240
Cleaning	22,960	20,790
OSC Project expenses (I)	574,080	501,133
OSC Project expenses (II)	33,079	31,970
Depreciation	14,044	286,030
Grant to patients	219,186	225,221
Insurance	13,517	13,669
Mandatory provident fund	48,810	30,208
Printing and postage	25,684	69,726
Public education expense	349,134	8,449
Rent and rates	242,180	226,680
Repairs and maintenance	65,970	23,160
Salaries and allowances	566,831	650,117
Scholarship	37,500	60,000
Sundry expenses	8,154	6,681
Travelling	370	405
Telecommunications	14,388	18,584
Utilities expenses	15,271	13,970
	<u>2,752,485</u>	<u>2,551,006</u>
SURPLUS / DEFICIT FOR THE YEAR	<u>1,356,772</u>	<u>(1,171,004)</u>

* Including all expense for Charity Dinner, IAD events, Patient Conference, talks and health check day.

LOOKING AHEAD

Every day in our work at the HKARF, we are inspired by the people we serve. Some of them do extraordinary things to improve the life of their fellow patients. The goal of self-help groups (SHG) is for members to help each other to deal with their physical, psychological and social problems. HKARF can tap into the SHG's power to make a difference in the lives of others by supporting SHG's activities and collaborating with them on different projects. The Foundation can also assist the development of SHG by sharing with them our experience in the provision of service and organisation management.

As we attempt to expand the scope of our service, we face a big challenge in terms of raising enough funding to support our activities. It is absolutely imperative that we explore more sources of funding, or we'll have to scale down our service for patients.

Advocacy aims to influence decisions by the authority for the benefit of our patients. HKARF can work with our patients to undertake advocacy activity such as media campaigns, public talks, social media events, and publishing or announcing scientific research result.

HKARF will celebrate its 18th birthday in 2019. It's time for us to consolidate our existing service and develop on what we have already achieved. Despite the popularity of hydrotherapy, we should conduct an objective evaluation of the efficacy of this treatment. Hopefully, we will be able to demonstrate the beneficial effect of hydrotherapy to our patrons. Chronic disease self-management program builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Apart from conducting formal self-management classes, we can consider organising "modified" version, such as a program with a fewer number of classes, in order to attract more participants.

展望將來

在基金會的日常工作裏，我們經常被病患者感動和啟發。病人自助組織秉持「助人自助」的精神，協助會員解決生理、心理和社交上的種種問題，因此基金會計劃進一步加強和各個病患者自助組織的合作，透過經驗分享協助自助組織的發展，從而達到「提升病患者生活質素」的目的。我們未來發展的方向，將會包括增加對自助組織的支援，以及和自助組織更緊密聯繫合作，使到各組織在病患者社區復康的過程中發揮所長。

作為沒有政府資助的非牟利慈善團體，我們最大的挑戰是籌募足夠的經費來發展對病患者的服務。在未來的日子裏，我們必須尋求更多不同渠道的經費來源。否則，我們可能需要面對最壞的情況——縮減病患者服務。

適當的疾病倡議工作能夠改變政府的政策，為病人提供更好的治療環境。香港風濕病基金會期望可以和病患者在各樣的倡議工作上更緊密的合作，例如媒體宣傳、公眾講座、社交媒體活動、科研結果的發表等。

我們將在 2019 年慶祝基金會成立 18 周年，我們會努力鞏固已推行的各個服務項目，在已有的基礎上尋求更新的發展。水療運動雖然得到關節炎病患者的歡迎，但對於本地病患者的成效的科學數據仍然缺乏。我們希望能在水療成效的研究上多下功夫，使到政府和捐贈者對我們的服務更具信心和作出更大的支持。「疾病自我管理課程」能夠提升病患者管理自己的健康、保持積極和充實的生活，除了提供正規的課程外，我們會努力探討及研究經過調整的課程，從而吸引更多病患者的參與。

Reports Of Permanent Committees

Education Committee

Fund-raising Committee

Patient Support Committee

Scientific Committee

Report of the Education Committee (2017/18)

1) International Arthritis Day 2017 – Thanksgiving lunch cum Floor curling competition

To celebrate the 2017 International Arthritis Day, a thanksgiving lunch cum floor curling competition was held at Kwai Fong on 12 November 2017. The thanksgiving lunch was to provide a chance for patients to express their thankfulness to the health care workers and strengthen the relationship. Also, the first Flooring competition was held to enable patients to achieve sporting excellence and to inspire the public. The total expenditure for the event was

2) Educational Talks

2.1 Seasonal Public Talk Series

A series of Talks on specific arthritis diseases was held each season throughout 2017-2018. 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) Complications of Rheumatism: gastrointestinal disease (2017 Season 1)

Date: 11 March 2017

Speaker: Dr. Lucia Chau, Dr. Kung Kam-ngai

No. of participants: 158

This talk was recorded in 2016/17.

b) Nephrology & Rheumatology (2017 Season 2)

Date: 20 May 2017

Speaker: Dr. Tsui Hing Sum Kenneth & Dr. Chan Siu Kim

No. of participants: 206

c) Neurology & Rheumatology (2017 Season 3)

Date: 16 September 2017

Speaker: Dr. Virginia Lao & Dr. Eric Yeung

No. of participants: 73

d) Gout and kidney (2017 Season 4)

Date: 9 December 2017

Speaker: Dr. Yim Cheuk-wan & Dr. Lo Hok-king, Stanley

No. of participants: 176

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 5 talks were held during the year:

a) Educational Talk – Kawasaki Disease

Date: 9 April 2017

Speaker: Dr. Kuo Ho Chang

No. of participants: 44

b) Educational Talk – Vasculitis

Date: 24 June 2017

Speaker: Dr. Chan Ka-yan, Helen

No. of participants: 80

- c) Educational Talk – AS Management
Date: 15 July 2017
Speaker: Dr. Ronald Yip
No. of participants: 120
- d) Educational Talk – Usage of Biologic for treatment
Date: 26 August 2017
Speaker: Dr. Chan Tak-hin & Mr. Cheng Wing-tak
No. of participants: 247
- e) Educational Talk – RA & JIA
Date: 24 September 2017
Speaker: Dr. Gavin Lee & Dr. Lee Kwok-piu
No. of participants: 73

3) **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. AS, PsA, Juvenile Idiopathic Arthritis (JIA), Vasculitis and Scleroderma were under processing and should be published in the first quarter of 2019.. Each booklet was composed by one specialist in rheumatology and one rheumatology nurse.

4) **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. The number of “Like” for the page was raised from 1,430 to 2,311.

<u>Facebook post series 面書活動系列</u>	<u>MM/YY</u>	<u>No. of clicks/actions</u>
AS Campaign 挺起腰骨撐起病友	05/17	27,480
SLE Book Promotion 「與狼共舞」宣傳	06/17	2,284
Facebook Live – AS 風濕會客室 – 強直性脊椎炎	06/17	470
Rheumatic & Foot 風濕與足部	06/17	581
Complications 度度都可以風濕	07/17	863
Gout 痛風	09/17	796
Biologics 生物製劑	10/17	774
Facebook Live – Gout 風濕會客室 – 痛風	11/17	858
Influenza & vaccine 流感與疫苗	02/18	431

5) **SLE Book & RA 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.

The RA book was planned and under processing in this year. It was expected to be published in the second quarter of 2019.

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

Two issues of the bi-annual Foundation Newsletter were published in Jul 2017 and January 2018 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.

Report of the Fundraising Committee (2017/18)

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**

In 2017/18, the general donation to the Foundation was HK\$73,175.

2) **7-Eleven Donation Collection Service for Wise-Giving Charity**

The 7-Eleven donation method was terminated on September 2017 as Wise-giving's project was ended. In 2017/18, the donation collected was HK\$2,500.

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 2017/18 and no donation collected during the period.

4) **PayPal Online Donation Platform**

The Foundation joined PayPal platform provided a secure and easy method for donation since March 2013. In 2017/18, the donation collected was HK\$14,876.10

5) **Charity Dinner**

A charity dinner was held successfully in 1 November 2017 at Holiday Inn Hotel Ballroom. The theme was "Spread love with Songs" and the Donation Wall for Hydrotherapy was launched at the Dinner. A total of 300 guests turned up to support the event. Total donations and income amounted to \$1.8 million, and a net proceed of \$1.67 million to support our patients' service was recorded after deduction of necessary expenses.

6) **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 it was supported by below donors and companies:

暖心贊助	崇光(香港)百貨有限公司	瑞士諾華製藥(香港)有限公司
樂心贊助	楊森大藥廠	
善心贊助	美國輝瑞科研製藥有限公司	陳家樂先生

In 2017/18, total HK\$280,000 was collected.

Report of the Patients Support Committee (2017/18)

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.

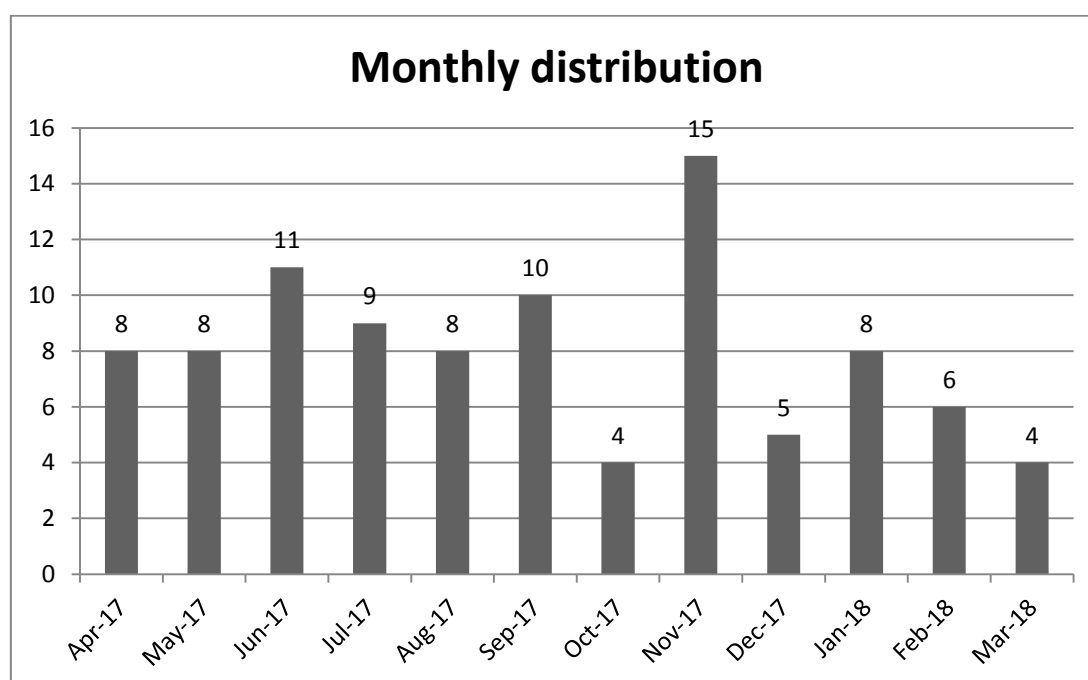
It was fortunate that the Foundation was the beneficiary of Operation Santa Claus (OSC) again. The total donation amount was HK\$750,000 which would support the operation of hydrotherapy programme, and 2 new exercises for arthritis patients, laughter yoga and floor curling, from March 2017 to February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

1 Patient Support Fund

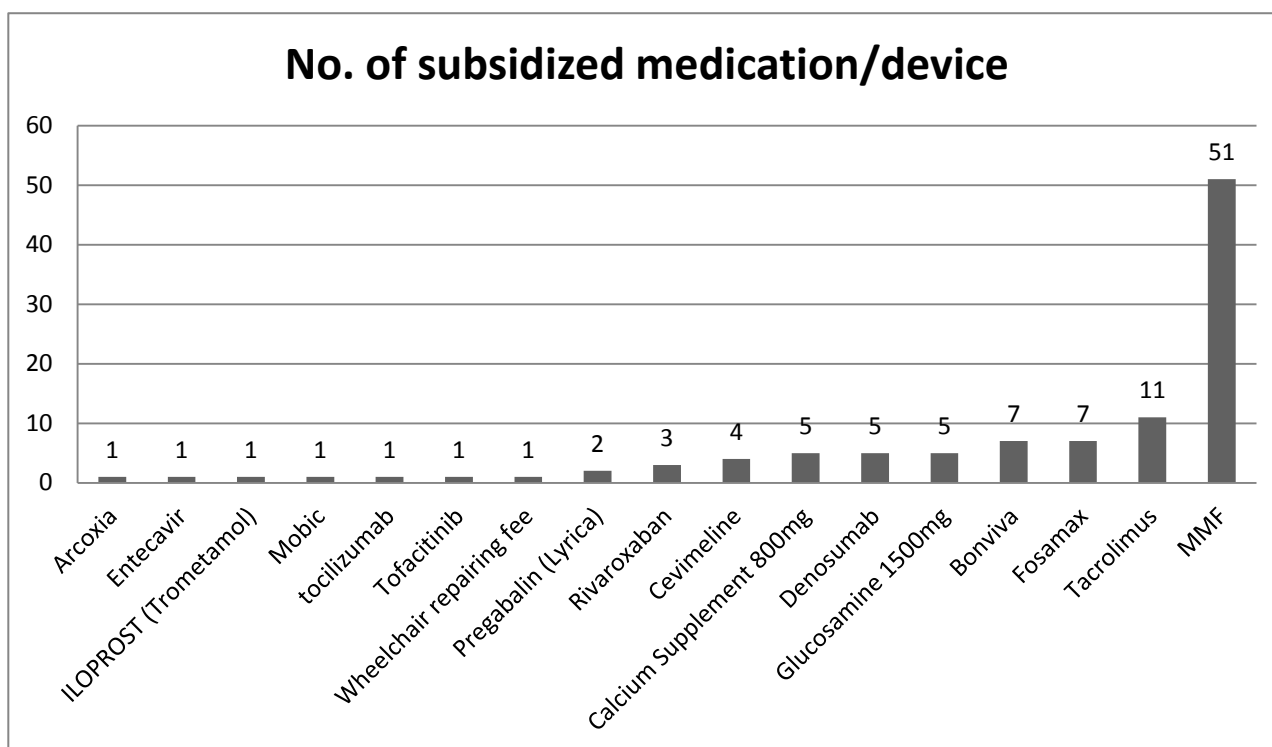
The aim of the Patient Support Fund is to provide financial assistance to needy patients to procure medications, including non-government subsidized medications, to purchase devices for arthritis rehabilitation, and to arrange for necessary home modifications. The applicant must be a Hong Kong resident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

1.1 Total approved applications and amount from 1 April 2017 to 31 March 2018:

Total number of application received:	97	Approved:	96
		Rejected:	1
Total amount:		HK\$ 172,057.20	
Total no. of patients benefited:		37 (8 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.

The 5 drugs under the scheme were listed below:

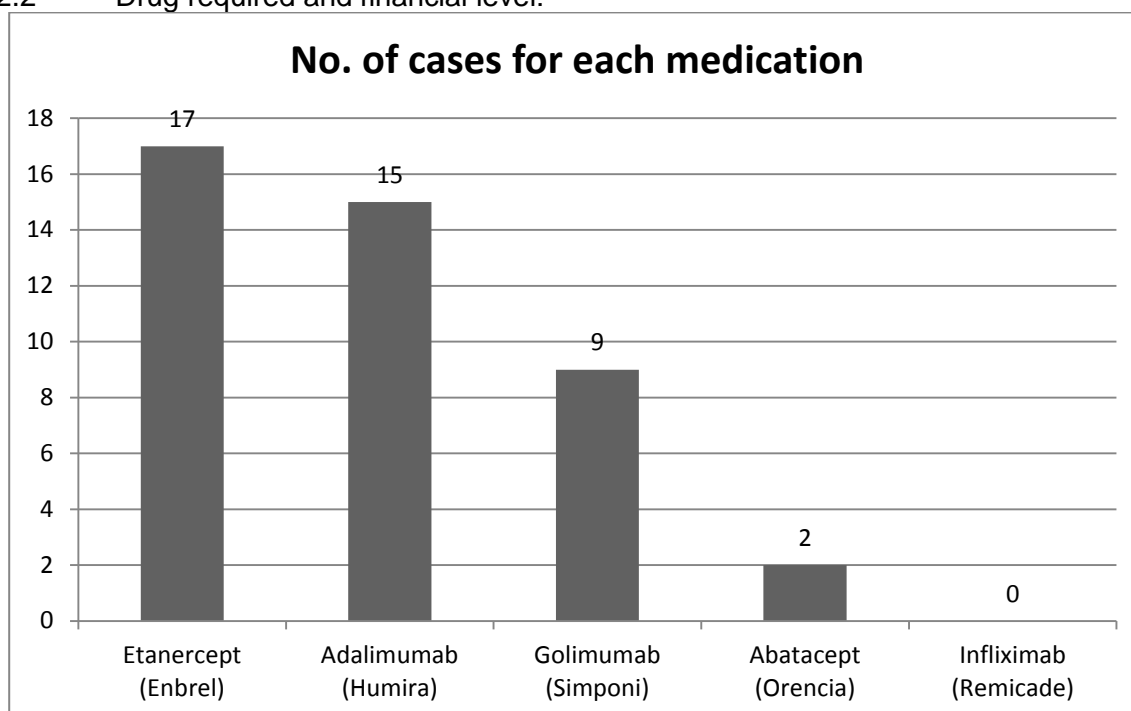
1. Infliximab (Remicade®)
2. Etanercept (Enbrel®)
3. Adalimumab (Humira®)
4. Golimumab (Simponi®)
5. Abatacept (Orencia®)

2.1 Total number of applications received from **1 April 2017 to 31 March 2018**:

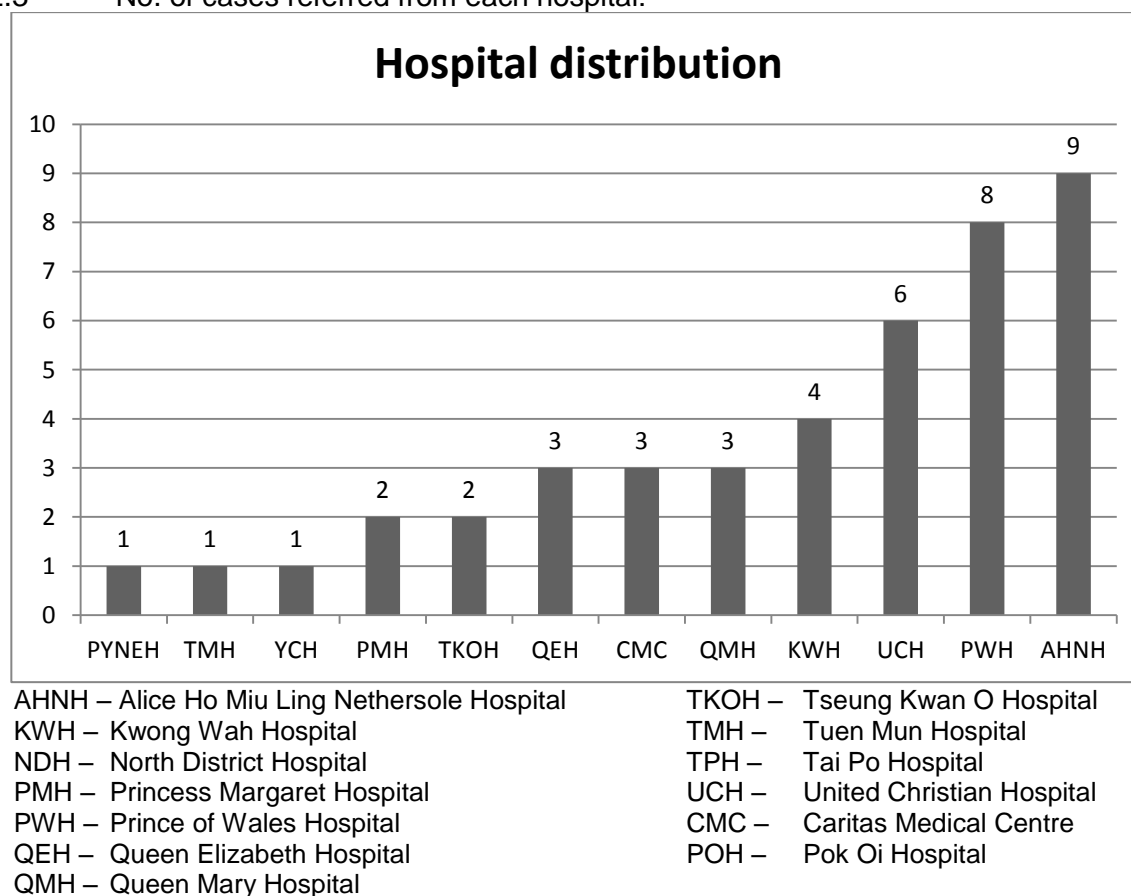
Total number of application received: 43 Approved: 43

Total cost of subsidised medications: HK\$1,715,133.00

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 2017 to 31 March 2018:

Number of application received: 1 (rejected)

Total amount: -

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 2017 to 31 March 2018:

Total number of applications received: 5 Approved: 5

Case No.	Association	Approved Date	Estimated no. of participants	Support Amount
AF#048	HK Ankylosing Spondylitis Association	8 May 2017	200	(Final Installment 100%) HK\$8,000.00
AF#049	B27 Association	24 May 2017	200	(First Installment 70%) HK\$5,600.00
		18 Aug 2017		(Final Installment 30%) HK\$2,400.00
AF#050	HK Paediatric Rheumatism Association	6 Dec 2017	60	(Final Installment 100%) HK\$3,650.00
AF#051	HK Rheumatoid Arthritis Association	20 Nov 2017	420	(First Installment 70%) HK\$5,600.00
				(Final Installment 30%) HK\$2,400.00
AF#052	HK Ankylosing Spondylitis Association	20 Feb 2018	200	(First Installment 70%) HK\$5,600.00
				(Final Installment 30%) HK\$2,400.00
			Total:	HK\$35,650.00

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: Healthy Cooking Workshop
Funded Amount: HK\$19,000

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.

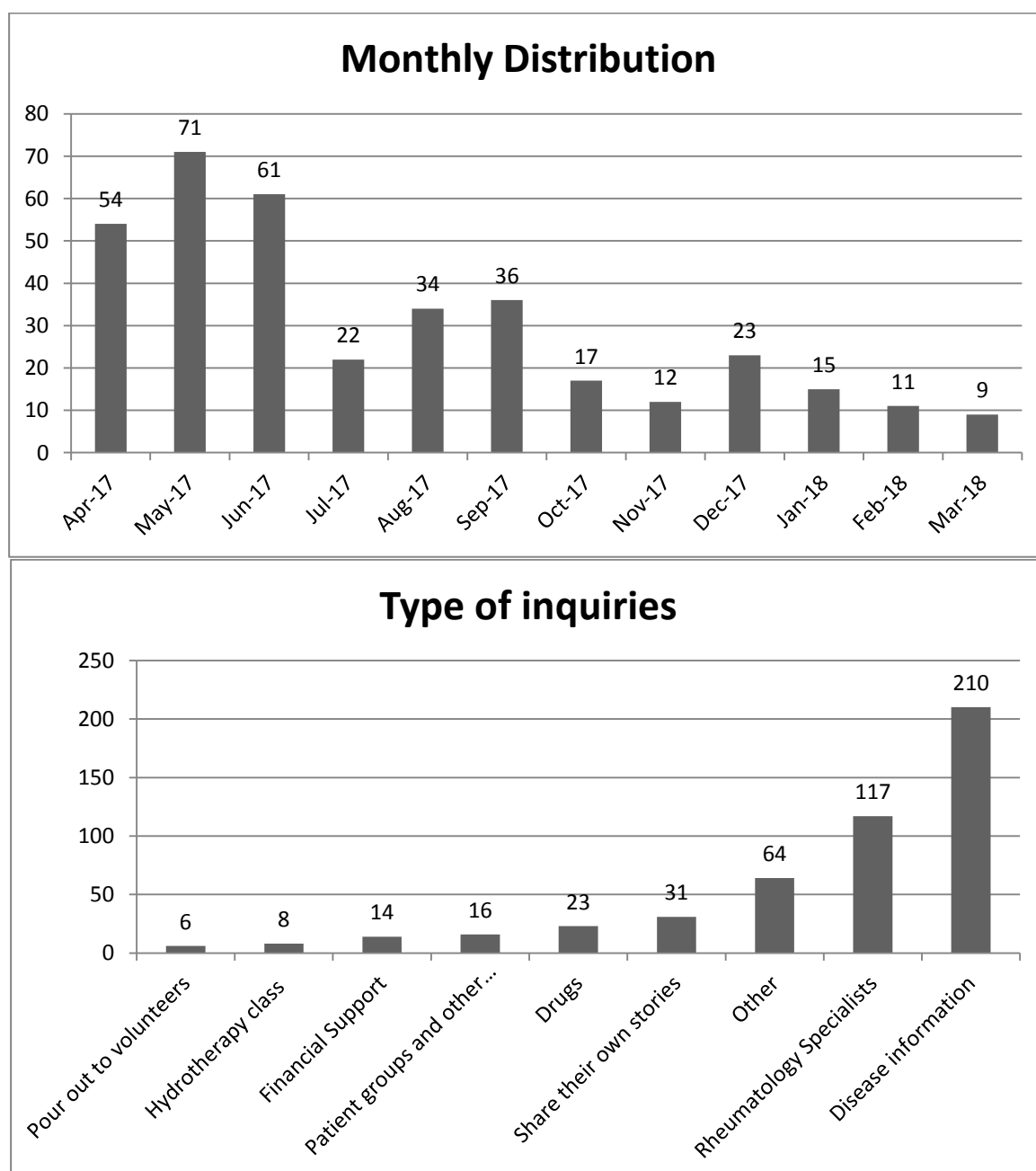
Most callers found that the volunteers could provide useful and up-to-date arthritis related information. They had better understanding on what should do if they had doubts on their health condition and released stress in the meantime.

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 2017 to 31 March 2018:

Total number of incoming calls: **365**

Average duration of a call: 9.2 mins



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 2017 to 31 March 2018:

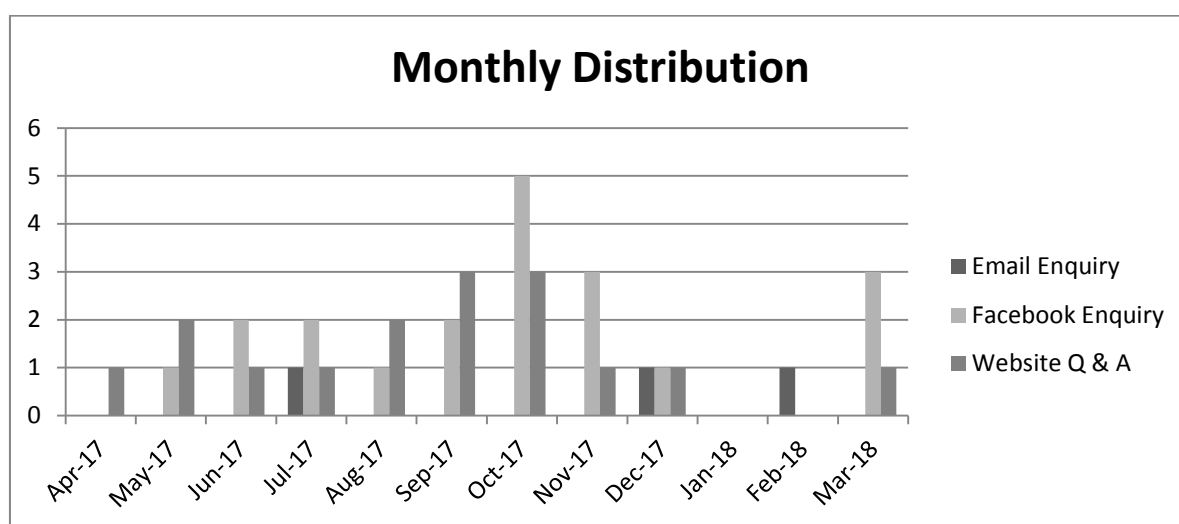
Total number of inquiries: 16

Report on Email Enquiry Q&A from 1 April 2017 to 31 March 2018:

Total number of inquiries: 3

Report on Facebook Enquiry Q&A from 1 April 2017 to 31 March 2018:

Total number of inquiries: 20



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 2017 from 13 February 2017 to 31 March 2018:

Total number of days: 286 Total number of lessons: 572

Total number of attendances: 5,784 Total number of beneficiaries: 268

	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	121	159	85	24	12	99	17	5	27	10
2	122	161	86	24	12	97	21	4	24	3
3	118	148	82	24	12	103	7	8	15	8
4	119	155	83	24	12	101	11	7	17	6
5	121	153	85	24	12	98	19	4	22	3
6.	122	151	86	24	12	100	15	7	25	10
	723	927	507	144	72	598	90	35	130	40

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 1 April 2017 to 31 March 2018:**

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	7	14	13	8	7	0
2	23	6	17	15	8	8	2
3	20	2	18	14	6	3	1
4	21	1	20	15	6	1	0
5	21	1	20	13	8	2	1
6	19	4	15	11	8	4	0
7	25	2	22	12	13*	2	0
8.	13	2	11	0 (cancelled)	13*	3	1
Total	163	25	137	325	650	30	5

* implemented an extra session in this phase

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: 11

Enrolled: 14 Withdrawn: 2

Total number of sessions served: 14

Total number of splints made: 3

Finger	Paddle	Resting	Working	Night
0	0	0	3	0

Current waiting time for new appointment: 1 week

8.3 Health Check Day

The first Health Check Day: **20 January 2018**

Total number of participants: 40

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 2017 to 31 March 2018**:

Total number of cases referral: 7

Class Period	Venue	No. of participants in regular class	No. of participants in reunion session
13 May – 3 Jun 2017	CRN Li Cheng Uk Centre	11	10
31 May – 21 Jun 2017	CRN Kornhill Centre	9	5
1 Jun – 22 Jun 2017	CRN Prince of Wales Centre	Cancelled	10
18 Jul – 8 Aug 2017	CRN Tai Hing Centre	Cancelled	
2 Aug – 30 Aug 2017	CRN Li Cheng Uk Centre	11	Cancelled
7 Sep – 28 Sep 2017	CRN Kornhill Centre	Cancelled	
2 Nov – 23 Nov 2017	CRN Prince of Wales Centre	Cancelled	
17 Nov – 8 Dec 2017	CRN Wang Tau Hom Centre	12	Cancelled
27 Nov – 18 Dec 2017	CRN Kornhill Centre	10	Cancelled
13 Jan – 10 Feb 2018	CRN Tai Hing Centre	8	Cancelled
1 Mar – 22 Mar 2018	CRN Li Cheng Uk Centre	12	Cancelled
3 Mar – 24 Mar 2018	CRN Kornhill Centre	Cancelled	
Total		73	15

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 April 2017 to 31 March 2018

	Total no. of participants	Repeaters	No. of new cases referral	No. of withdrawal
Phase 1 Mar	12	0	12	0
Phase 2 May	8	0	9	1
Phase 3 Jul	7	2	5	0
Phase 4 Sep	4	0	5	1
Phase 5 Nov	8	2	6	0
Total	39	4	37	2

9.2 Floor Curling

Period: 1 April to 31 December 2017

2017	Total no. of participants	Repeaters	No. of new cases referral	No. of withdrawal
Phase 1 Apr	12	0	12	0
Phase 2 Jun	24	3	19	1
Phase 3 Aug	11	4	10	0
Total	47	7	40	1

Period: 1 January to 31 March 2018

2018	Total no. of participants	Repeaters	No. of new cases referral	No. of withdrawal
Phase 1 Mar	6	1	5	0
Total	6	1	5	0

Total Expenditure during the period 1 April 2017– 31 March 2018

	Approved Cases	Approved Amount
1. Patient Support Fund	96	HK\$ 172,507.20
2. Expensive Drug Support Scheme	43	
3. Emergency Fund	0	HK\$ 0.00
4. Activity Fund	5	HK\$ 35,650.00
5. "Arthritis Buddy" Helpline (Volunteers allowance)		HK\$ 1,980.00
Net Expense:		<u>HK\$ 210,137.20</u>

Programme supported by OSC 2015**Income: (Started from Mar 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\$	179,080.00
4	Hydrotherapy program 2017 participants' fee	HK\$	226,920.00
5	PT Class 2015 participants' fee	HK\$	26,160.00
6	PT Class 2016 participants' fee	HK\$	26,880.00
7	PT Class 2017 participants' fee	HK\$	37,920.00
8	PT Class 2018 participants' fee	HK\$	6,120.00
9	OT 2015 consultation fee	HK\$	2,160.00
10	OT 2016 consultation fee	HK\$	1,920.00
11	OT 2017 consultation fee	HK\$	960.00
12	OT 2018 consultation fee	HK\$	60.00
Sub-total: <u>HK\$</u>			<u>1,798,520.00</u>

Account receivables

Expense:

1	Promotion leaflets	HK\$	12,400.00
2	PT/OT Insurance 2015	HK\$	4,000.00
3	PT/OT Insurance 2016	HK\$	4,000.00
4	PT/OT Insurance 2017	HK\$	4,000.00
5	PT - PT fee 2015 (ph 1-7)	HK\$	55,440.00
6	PT - PT fee 2016 (ph 1-6)	HK\$	54,000.00
7	PT - PT fee 2017 (ph 1-8)	HK\$	72,000.00
8	PT equipment and materials	HK\$	2,005.60
9	OT fee (Ms Joy Lau)	HK\$	2,500.00
10	OT fee (Ms Kristan, Leung Sze-ming, Apr 15-Sep 16)	HK\$	12,600.00
11	OT fee (Ms Kristan, Leung Sze-ming, Oct 16 - Apr 17)	HK\$	1,600.00
12	OT fee (Ms Trix Lau)	HK\$	4,000.00
13	OT fee (Mr Ernest, Yu Chiu-lun, Nov 15-Sep16)	HK\$	10,000.00
14	OT fee (Mr Ernest, Yu Chiu-lun, Oct 16 - Apr 17)	HK\$	6,000.00
15	OT fee (Mr Ernest, Yu Chiu-lun, May – Nov 17)	HK\$	5,000.00
16*	OT fee (Mr Ernest, Yu Chiu-lun, Dec 17 - Feb 18)	HK\$	5,000.00
17	OT equipment and materials	HK\$	12,340.00
18	Health Check 2015	HK\$,300.00
19	Hydrotherapy program 2015 – Insurance	HK\$	4,500.00
20	Hydrotherapy program 2015 - PT fee (ph 1-6)	HK\$	186,560.00
21	Hydrotherapy program 2015 - POH PT fee (ph 1-6)	HK\$	35,200.00
22	Hydrotherapy program 2015 – PYNEH Pool Rental (ph 1-6)	HK\$	25,200.00
23	Hydrotherapy program 2015 – POH Pool Rental (ph 1-6)	HK\$	20,250.00
24	Hydrotherapy program 2015 – QEH Pool Rental (ph 1-6)	HK\$	119,000.00
25	Hydrotherapy program 2015 – Refund for class cancelation	HK\$	600.00
26	Hydrotherapy program 2016 – Insurance	HK\$	4,500.00
27	Hydrotherapy program 2016 - PT fee (ph 1-5)	HK\$	200,000.00
28	Hydrotherapy program 2016 – POH PT fee (ph 1-5)	HK\$	32,000.00
29	Hydrotherapy program 2016 – POH Pool Rental (ph 1-5)	HK\$	18,450.00

30	Hydrotherapy program 2016 – PYNEH Pool Rental (ph 1-5)	HK\$	30,100.00
31	Hydrotherapy program 2016 – QEH Pool Rental (ph 1-5)	HK\$	110,600.00
32	Hydrotherapy program 2017 - Insurance	HK\$	4,500.00
33	Hydrotherapy program 2017 - POH Pool Rental (ph 1-6)	HK\$	19,800.00
34	Hydrotherapy program 2017 – POH PT fee (ph 1-6)	HK\$	37,600.00
35	Hydrotherapy program 2017 - PT fee (ph 1-6)	HK\$	239,000.00
36	Hydrotherapy program 2017 – PYNEH Pool Rental (ph 1-6)	HK\$	30,100.00
37	Hydrotherapy program 2017 - QEH Pool Rental (ph 1-6)	HK\$	133,700.00
38	Hydrotherapy program - promotion video shooting	HK\$	10,000.00
39	Hydrotherapy program - pool rental for promotion video shooting	HK\$	8,640.00
40	ASMP expense	HK\$	10,745.80
41	ASMP in China	HK\$	3,980.00
42	Postage	HK\$	15,300.00
43	Miscellaneous	HK\$	2,373.00
44	Administrative cost (part-time staff to handle all logistics)	HK\$	81,000.00
Sub-total:		HK\$	<u>1,650,884.40</u>

2015 OCS Funding Remained (Terminated in Feb 2018):**Total:****147,635.60**

* Account payables

Programme supported by OSC 2017**Income:**

1.	OSC Funding	HK\$	750,000.00
2.	Floor Curling Class 2017 participants' fee	HK\$	1,840.00
3.	Floor Curling Advanced Class 2017 participants' fee	HK\$	480.00
4.	Laughter Yoga Class 2017 participants' fee	HK\$	1,580.00
5.	Hydrotherapy program 2018 participants' fee	HK\$	11,200.00
6.	Hydrotherapy program 2018 participants' fee (group)	HK\$	30,080.00
Sub-total:		HK\$	<u>795,180.00</u>

Expense:

1.	Floor curling equipment	HK\$	27,000.00
2.	Postage for mailing Laughter Yoga & Floor Curling poster	HK\$	815.00
3.	Printing Poster (laughter yoga / floor curling)	HK\$	4,700.00
4.	Floor curling class 2017 (CRN)	HK\$	2,500.00
5.	Floor curling advanced class 2017 (ph.1)	HK\$	2,500.00
6.	Floor curling class 2017 (ph.1 - 3)	HK\$	10,000.00
7.	Laughter Yoga (11/04/2017, 27/04/2017)	HK\$	1,200.00
8.	Laughter Yoga (ph. 1-5)	HK\$	12,000.00
Sub-total:		HK\$	<u>60,715.00</u>

2017 OCS Funding Remained**HK\$****734,465.00****(Terminated in Mar 2019 for FC&LY & Aug 2019 for Hydro)**

Report of the Scientific Committee (2017/18)

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. There was no application for the year 2017/18.

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. CHARM Vol. 11 was published on December 2017 and the topic was inflammatory myositis.

3) Multi-disciplinary 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 12 August 2017. 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: Osteoarthritis (OA)

Date: 12 August 2017 (Sat)

Time: 2:00pm – 5:00pm

Venue: Tin Ka Ping Lecture Theatre (LT-1), City University of Hong Kong

No. of Attendant: 40

Appendix

Activity List 2017/18

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
12 August 2017	Multi-disciplinary Educational Series Speakers: Dr Temy Mok Ms Christina Leung Dr. David Au Kwok-yin Dr. Yan Chun-hoi Ms. Leona Yan Ms Yip Ka-huen No. of participants: 40	Scientific 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
20 January 2018	Health Check Day Venue: CRN Tai Hing Centre, Tuen Mun No. of participants: 40	Patient Support Committee
March 2018	OSC programme – Laughter yoga course starts	Patient Support Committee
11 March 2018	Chinese New Year Party No. of participants: 80	Executive Committee

List of activity for the year 2018/19 (for the year ended 31 March 2019)

Date	Event	Committee
April 2018	OSC programme – Floor curling starts	Patient Support Committee
21 April 2018	Seasonal Educational Talk – Cardiovascular and diet Speaker: Dr. Yim Cheuk-wan Ms Emily Lam No. of participants: 123	Education Committee
30 June 2018	Seasonal Educational Talk – Medication, Biologics & Pregnancy Speaker: Dr. Lee Ka-lai Mr. Cheng Wing-tak No. of participants: 42	Education Committee
12 August 2018	Multi-disciplinary Educational Series for health care professionals in Rheumatology - Osteoporosis Speakers: Dr Temy Mok Dr. Cheung Man Hong Ms. Bernice Ho Ki Ms. Cheung Ching Yu Mr. Ryan Choi Ka Wai Dr. Minnie Siu Mei Yi No. of participants: 160	Scientific Committee
26 August 2018	Patient Conference - “Autonomous life” Speakers: Dr. Ronald Yip Dr. Lee Kwok-piu Dr. Gavin Lee Prof. Tam Lai-shan Dr. Chan Dr. Cheung Tsang Dr. Celia Chan Dr. Zhong Lidan Mr. Joseph Cheng Ms. Ho Ching-chi Ms. Wu Hoi-ming Dr. Ada Lau No. of participants: 344	Education Committee
29 September 2018	Seasonal Educational Talk – Management of Chronic Pain Pain Management Speaker: Dr. Lee Ka-lai Ms. Christine Leung No. of participants: 133	Education Committee
16 October 2018	Fundraising – Elton’s Charity Film Show	Fundraising Committee
24 October 2018	International Arthritis Da Carnival Venue: D. Park, Tsuen Wan	Education Committee
10 November 2018	Educational Talk – Vasculitis Speaker: Dr. Yeung Wan Yin No. of participants: 91	Education Committee
24 November 2018	Seasonal Educational Talk – Rheumatism & Podiatry Speaker: Dr. Cheung Man Hong Ms. Gigi Chan Ms. Carol Tong No. of participants: 133	Education Committee

4 December 2018	Christmas Party for helpline and hydrotherapy programme volunteers No. of participants: 30	Executive Committee
March 2019	Chinese New Year Party	Executive Committee

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