

# **Hong Kong Arthritis & Rheumatism Foundation Ltd.**

## **ELEVENTH ANNUAL GENERAL MEETING**

**2 December, 2012**

### **Report of the Chairman**

#### **for the Financial Year from 1 April 2011 to 31 March, 2012**

1. I am very proud and pleased to report that the Hong Kong Arthritis and Rheumatism Foundation had one of the busiest, most successful and commemorative year in 2011-12, when a series of interesting programmes celebrating our 10<sup>th</sup> Anniversary and a number of exciting projects were completed after a fruitful decade of service to Hong Kong.
2. Established since October, 2001, the Foundation has been developing a series of services and programmes serving both the general public of Hong Kong and particularly the patients with arthritis and rheumatism. These programmes we started years ago include mainly public education, support and assistance to patients, and research and training for medical and para-medical professionals. These are still continued today and many of these services have been further developed, expanded, and additional new programmes have been added year after year as our experience increased and as resources became available. We have also been cultivating and nurturing the growth of patient self-help and mutual help culture as a means of improving patients' health conditions as well as bringing better quality of life to themselves and to their families. The Foundation's dedicated work and services have not been unnoticed and unrecognized as more and more partners and supporters became attracted to working with us in our programmes, more donations were received, and more sponsors and funders were convinced to help fund our activities and programmes. And, after a decade of incessant devotion to serving Hong Kong, the Foundation has finally established for itself a permanent home, which is also a home for patients with arthritis and rheumatism, for volunteers as well as for a number of arthritis patient self-help groups. The Foundation's new Jockey Club Patient Resource and Training Centre at Nam Shan Estate, Shum Shui Po, started service in May but officially opened in October, 2012, marked an important milestone in the Foundation's development, and facilitated the Foundation to introduce and embark on a number of new service initiatives to serve the public and the patients. I shall report more about the Centre and its new services later on in this Report.
3. Because it was the celebration year for our 10th Anniversary, we have planned and successfully concluded a series of special programmes throughout 2011 and 2012, including a Carnival in October, 2011 in the Sha Tin Townhall Plaza, and cumulating in another Carnival in the Citywalk in Tsuen Wan and the official opening of the Foundation's new office at Nam Shan Estate in October, 2012. During the year we held a Patients Conference at the Cheng Yu Tung Building in the Chinese University at Sha Tin in July, 2012 with nearly 350 participants. Besides publishing a special 10<sup>th</sup> Anniversary commemorative publication entitled '風雨同路十載情', which is a collection of a series of twelve articles on various arthritis diseases and their treatment and care, published in the

monthly 'Health Action' monthly magazine during 2010-11, we have also published another special book for public education: “風濕病全面睇” (Know more about Rheumatism), which includes exclusive interviews with specialist doctors, patients and their families to fully explain the types, symptoms and treatment of rheumatism. This book aims at providing the reading public an informed and comprehensive reference on the various common and rare rheumatic diseases, and is available for sale at all major bookstores in Hong Kong.

4. In my Report last year I have included an addendum section summarizing the Foundation's work and achievements in the ten years since it started serving the people of Hong Kong in October 2001. This addendum section has now been separated from the 2010 Annual Report and becomes a special Report “Hong Kong Arthritis and Rheumatism Foundation – 2001-2011 A Decade of Service to Hong Kong”, “香港風濕病基金會 2001-2011 服務香港十載情”, and this Report, in both English and Chinese, will be permanently available to be read or downloaded from the Foundation's web-site [www.hkarf.org](http://www.hkarf.org). You are most welcome to revisit this Report again to learn what we have done in the past decade.

### **Public Education and Professional Training on Arthritis and Rheumatism**

5. The education of the Hong Kong general public on the various rheumatic diseases -- what they are, what it is like to live with these diseases, what can be done to manage them, and what more can be done to limit their potential life-changing effect on the patients after diagnosis -- is one of the committed and continuous works of the Foundation. The Foundation achieved these through collaborating with specialist doctors, HA hospitals, and Patient Self-Help Groups in organizing free public talks on various arthritis diseases, and carnivals and exhibitions in shopping malls and exhibition venues. We also co-operated with radio and TV stations, magazines and newspaper media, to publish special documentaries and columns on the various common and uncommon arthritis diseases so that more people could become aware and have a better understanding of arthritis and rheumatic conditions prevalent in Hong Kong.
6. It is estimated that one in five persons in the population have arthritis and that over 50 per cent of these patients are of working age. Children can also suffer from rheumatic diseases and it is estimated that 1 in 1,000 children suffered from these conditions. Because of its prevalence it is costing multi-million dollars a year in healthcare costs, plus millions of working days lost. These diseases had also resulted in loss of careers, health, dreams, relationships, independence and mobility.
7. Awareness and better understanding of the diseases by the general public and family doctors, early diagnosis and early intervention are very important for patients with arthritis and rheumatism. The Foundation therefore would not stop its public education work and a total of 14 free talks had been held for the public on various topics of Osteoarthritis (OA), Joint Surgery and Replacement, Ankylosing Spondylitis, Juvenile Idiopathic Arthritis, Psoriatic Arthritis, Lupus, Gout and Rheumatoid Arthritis, and Exercises for the management of arthritis and joint pains. Three of these talks during the year were devoted to some less common arthritis diseases: Scleroderma & Sjogren Syndrome, vasculitis and Dermatomyositis & Polymyositis, so that patients with these diseases, their family and friends, as well as the general public can have a better understanding. Besides these talks organized by the Foundation, we also encouraged and assisted Patient Self-help

groups to organize more public education talks on their specific disease groups.

8. To reach to more general public, we continued to hold annually in different districts of Hong Kong a special carnival and exhibition to promote the World Arthritis Day, this year in the Sha Tin Town Hall Plaza in October, 2011, providing the public with information on arthritis and its care. At the Carnival, educational talks and entertaining performances were held on stage and six disease-specific educational games stalls, two bone density checking booths and two other health check booths manned by physiotherapists and occupational therapists were set up to enable shoppers and members of the public to join in the fun and absorb information on the arthritis diseases and their management. Over 4,000 participants of all ages turned up for the event. The Foundation would continue each year during World Arthritis Day week to organize a similar major function to educate the public about different aspects of care for arthritis. For 2012, a major Carnival was held on Sunday 14 October in the Tsuen Wan City Walk Plaza, again to promote public awareness of general arthritis and rheumatic diseases.
9. Because of the good response to the full-day Patients Conference held in July 2010, the Foundation held another full day Patients Conference on Sunday, 22 July 2012 at the Cheng Yu Tung Building at the Chinese University at Sha Tin. Dr. Ko Wing Man, Secretary for Food and Health, officiated and delivered an encouraging speech at the opening of the Conference, and 13 seminars on various arthritis diseases were conducted, with a total of 338 registered participants. The Community Rehabilitation Network of the Hong Kong Society for Rehabilitation and all the arthritis Patient Self-Help Groups helped in organizing this conference and I would like to record my thanks to them for their continued support.
10. A special symposium on Chinese Medicine in the treatment of arthritis diseases was held on 17 September, 2011, continuing our tradition of providing scientific exchanges for medical professionals with “East Meets West” ideas.
11. During the year two new advertising initiatives to actively promote public awareness of common arthritis diseases and the work of the Foundation were launched, one in MTR stations and another on public television. We arranged through the generous sponsorship of the MTR and produced a number of advertising panels which were put up in various MTR stations during May and June this year. The popular singer, Xiu Ming, who is also one of our Executive Committee Members, Dr Lee Ka Yan, appeared in these advertisements, acting as the Foundation’s Ambassador, and I am grateful for his continuous support.
12. As our further efforts to reach more general public, we have also filmed three special TV advertising videos on RA, AS and PsA, in which well-known doctors appeared to draw public attention to these diseases. Starting from April 2012, these TV Infotainment video advertisements were broadcast on Cable TV network and TVB HD channels. From September, 2012, these advertisements would be broadcast in all TV channels in Hong Kong for one year, with the courtesy of Government air-time. I am grateful to Professor C S Lau, Professor Edmund Li and Dr Shirley Ying for their help in appearing in these videos to deliver the important messages to the public about these diseases.
13. For the first time last year, the Foundation awarded two HKARF/HKSR Scholarships to two rheumatologists for 6-month overseas training in 2011/12. The Scholarships were

provided jointly by the Hong Kong Society of Rheumatology and the Foundation, to rheumatologists and allied-health professionals in Hong Kong 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.

14. The Foundation continued to publish two regular Newsletters – ‘Arthritis CARE’ and ‘CHARM’, the first providing the public with the latest news and development of the Foundation, information affecting arthritis patients, as well as information on patient support activities and educational materials, and the second to update health care professionals on the recent developments on the management of patients with arthritis. Two issues of 4,000 copies each of ‘Arthritis Care’ and one issue of 4,000 copies each of ‘CHARM’ were published during the year.
15. Through the promotional and public education work, the Foundation aims at alerting the public and the arthritis and rheumatic diseases patients to the diseases’ early symptoms and to seek help from their family or specialist doctors, as early detection and diagnosis of the diseases is essential to avoid preventable deterioration of the diseases, which could result in permanent and irreversible joint damage.

### **Supporting Patients in Need**

16. The Foundation is constantly developing programmes to support patients to improve their quality of life. To assist patients with financial needs a number of patient support schemes to help patients purchase expensive drugs and rehabilitation aids had been launched since 2003. The Patients Support Fund was established to assist patients with financial needs to purchase non-government subsidized medications dispensed by doctors in the treatment of their arthritis or rheumatism. Patients in need could apply through their doctors, nurses or the medical social worker in public hospitals, who had all been briefed of the application rules and procedures.
17. Last year, both the number of applications received and the total amount allocated through the Foundation’s Patient Support Fund scheme had dropped, probably for two reasons: Government has responded to calls from the Foundation and many outspoken Patient Self Help Groups to include more suitable drugs for the treatment of arthritis patients in the subsidized list, and some eligible patients could apply for a few specified expensive biological drugs for the treatment of arthritis through the Samaritan Fund. As a result of these changes in HA policy, some patients who have previously been supported by the Foundation’s Patient Support Fund could get the drugs through the Government schemes, and therefore could rely less on the Foundation’s assistance. 91 (102 in 2010/11, -10.8%) applications were approved during the year and a total of HK\$161,143.30 (HK\$243,286.80 last year, -33.8%) was allocated to help 31 (36 last year, -13.9%) patients (or average of HK\$5,198 per patient this year, compared to HK\$6,757 per patient last year, -23%). Expenditure on the Patients Support Fund accounted for 10.4% (17.5% last year) of the Foundation’s recurrent expenditure in 2011/12. The reduced figures are evidence that we were providing timely assistance to the needy patients and also clearly demonstrated that our efforts to advocate for patients in need to be able to acquire suitable drugs necessary to treat their diseases, either through the public health care system or through some form of assistance or subsidy schemes, are bearing fruit and should be continued.

18. Also during the year, two applications from the Foundation's Emergency Fund were approved, each providing a one-off financial assistance to patients who faced sudden and unforeseen financial hardship because of unexpected change in their health condition such as losing their job because of their disease or when undergoing medical treatment.

### **Fostering Patient Self Rehabilitation and Mutual Help**

19. One of the missions of the Foundation is to help people with arthritis live a full and active life. We achieved this through helping our patients understand their condition and particularly helping them learn more about how to manage it both medically and non-medically. Through our programmes we taught them to take up exercises and physical activities in the self-management of their diseases, and as a form of rehabilitation. To make it easier for them to take up such activities, these programmes were conducted in the comfortable company of groups of patients who could provide mutual support and share their valuable experience to cope and fight with similar ailments. We strongly believed that this would instill more self-confidence in the patients and would provide better understanding and long-lasting benefits in their battle with arthritis. New patients diagnosed with arthritis were encouraged to join our affiliated Patient Self-Help Groups – HK Rheumatoid Arthritis Association, HK Lupus Association, HK Ankylosing Spondylitis Association, B27 Association, HK Paediatric Rheumatism Association and HK Psoriatic Arthritis Association – to participate actively in their functions, training, volunteering, and mutual help work in sharing and educating others about the diseases. The successes of the work of these patient self-help groups had attracted Government Social Welfare funding, and from time to time the Foundation also provided some modest funding to these groups for them to organize activities for their members.
20. A very successful hydrotherapy programme, to help arthritis patients improve their health conditions and strengthen their muscles and joints, was introduced by the Foundation since 2008. The Foundation sought the help of two HA hospitals: the Queen Elizabeth Hospital and the Pamela Youde Nethersole Eastern Hospitals, to open up their heated hydrotherapy pools for use by patients after office hours, and the Foundation provided sponsorship and support through collaborating with physiotherapists, to provide affordable PT-supervised specially conducted water exercises classes in these pools. This rehabilitation programme proved to be so successful and welcomed by the patients that the Foundation had to continue and increase its support for this programme in the last five years. In the current year, 8 classes per week were organized, benefiting 363 (255 *last year*) patients of whom 167 (109 *last year*) were new users, who got priorities in joining the lessons. A total of 488 (428 *last year*) classes over 248 (109 *last year*) days were conducted, recording total attendances of 6,624 (5,704 *last year*).
21. This hydrotherapy programme continued to be an extremely cost effective rehabilitation programme for rheumatic patients, and was a win-for-all programme as it enabled the otherwise idling facilities in the public hospitals to be used under proper supervision, and patients could have access to these normally unavailable pools by paying a much reduced fee which they could afford to improve the condition of their muscles and joints, and as a result reduced million dollars of medical costs and the need to be re-hospitalized as their health conditions improved, freeing up more hospital beds for use by other patients in more urgent need. It also provided the added benefits of training more patients to work as

volunteers in coordinating and supervising the classes, and opportunities for the patients to socialize and live a normal quality life. To encourage self-motivation and to defray costs, these classes were not provided free and each participating patients had to contribute \$30 to attend each lesson, while patients who were CSSA recipients would pay only \$15. The Foundation would pay for the rentals of the pools and for engaging the supervising physiotherapists, who provided their services also at concessionary rates. This year the Foundation's net expenditure to support this programme amounted to HK\$122,915, accounting for about 8% of the Foundation's expenditure in 2011/12.

22. Last year I reported that participating patients in the hydrotherapy programmes had confirmed general improvement of health and better comfort and confidence in going about their daily activities with lesser worries of pain after they had gone through this self-management discipline and that many more were willing and happy to come out and meet with friends and peers, and offer themselves for volunteer service to help others. The proven success of the programme, and the ironical fact that the Foundation had to use public donations to subsidize Government by paying HA to rent these pools, while helping HA to provide a needed rehabilitation programme to their patients, was duly reflected to the Hospital Authority. I believed the HA had taken note of the positive results of this effective rehabilitative programme organized by the Foundation and also of the positive changes in the patients' attitude and in their quality of life that they had recently decided to reduce the rental of these pools and open up more hydrotherapy pools in other hospitals for similar community use. We are very pleased to see that the HA did listen to the patients' needs and took actions to address these needs.
23. As the hydrotherapy programme had been running smoothly and successfully for over three years, I am pleased to report that we have successfully secured funding of HK\$547,150 from the Operation Santa Claus Charitable Fund to support part of the expenses for the programme in the next two years. This will enable the Foundation to make use of the saved resources for the development of other needed support programmes for the patients.

### **Recognizing Volunteers and Providing Training in Peer Support**

23. The work of the Foundation continued to rely heavily on the participation of Volunteers, particularly patient volunteers, who contributed their precious time in serving other patients with similar ailments. Through working as volunteers, the patients found their life much more meaningful, and became more active in their social life again. These Volunteers were encouraged to attend the Foundation's various functions and programmes, either as enjoying participants or as volunteer workers engaged in various specific duties. We provided sponsored training courses for some volunteers in counseling techniques, so that they could help other patients in need for peer counseling and support. We treasured and publicly recognized the service of these active volunteers and selected a number of outstanding members with exemplary service as HKARF Ambassadors. These Foundation Ambassadors had all gone through the painful processes in their fight with arthritis, and now they were able to come out and speak about their experience bravely in front of any public audience during our educational talks, TV and press interviews. This was not only striking evidence of what these patients could achieve, but was also most convincing as a role model to educate the public about these diseases and about the fight against these diseases, emphasizing the need to take early action to avoid further damages to their health.

During the summer of 2011, a third batch of five HKARF Ambassadors had been selected, and they were publicly awarded the title during the opening ceremony of the Foundation's International Arthritis Day Carnival held at the Sha Tin Town Hall Plaza in October, 2011. They were invited by the Foundation to a study tour of Guangzhou's Zhungshan University Hospital for arthritis patients in September, 2012 and exchanged their experiences both as patients and as volunteers in patient mutual help groups at a special conference held during their visit.

24. The Foundation's 'Arthritis Buddy Helpline' was launched in November 2010, and with experience of operation, a useful service was gradually developed during the year to help patients in need of diseases information or psychosocial support. 16 patient Volunteers were trained in the skill of psychological and peer counseling by the Department of Psychology of the University of Hong Kong, and they took turns in providing the service. Patients would call the Helpline and got in touch with our Volunteers for enquiry and sharing of experiences. When the caller agreed, a mentor's programme would be introduced to provide the caller patient with a follow-up service in the coming three months to provide more information and provide advice as a "friend". When the volunteers found that the patient might need more professional counselling service, the patient would be referred to social workers of the Community Rehabilitation Network. Most callers found the volunteers could provide useful information about arthritis diseases and their experience sharing could really help them understand more about the disease's treatment and also help relieve their stress when facing the diseases. Many callers subsequently joined the relevant arthritis patients' self-help groups, and took part in activities organized by the groups, as well as by the CRN and the Foundation. This trial service will continue to be operated and its effectiveness evaluated in the coming year.
25. Undoubtedly, Volunteers are the most important asset of the Foundation. All the Executive Committee Members of the Foundation are also Volunteers who all contributed countless hours and their expertise with enthusiasm and passion to serve the Foundation. The Foundation is only served by two full-time staff and yet has to deliver the large number of programmes. So it is necessary to find as many Volunteers as possible to assist in the work of the Foundation. I must take this opportunity to express my heartfelt thanks to all Volunteers for their selfless contribution.

### **Seeking More Public Support and Donations**

26. As a non-Government subvented organization, the Foundation continued to need more financial support and donations to sustain its recurrent education and patient support programmes. Despite our stringent financial reserves at the beginning of the year, we decided that we would not shirk from our commitments in supporting and helping our patients in need during the economic tough times, and we would continue not to cut costs and programmes to reduce our financial expenditures. Through our 10<sup>th</sup> Anniversary celebration activities, we would step up our promotional efforts to make the public become better aware of arthritis and rheumatism, and of the work of the Foundation. We believed that our dedicated work would be recognized and supported by the community.
27. In the financial year 2010-2011, the Foundation ended up in a financial deficit of HK\$700,395, with incomes at HK\$692,209 and expenditures at HK\$1,392,604. Fortunately we still had a financial reserve of just over \$1.05 million, but it was just barely

adequate to cover our annual recurrent expenses for one year, and we knew if we were to continue our recurrent programmes without additional revenues, even with prudent spending we would end up in depriving our limited financial reserves further more.

28. However, we simply considered that curtailing our work was not an option, because we were concerned that our patients would need our help even more during difficult times, and that the value and impact of our work and services were equally vital in good times as well as bad times. We also decided that we needed to find a new home for the Foundation and establish a Resource and Training Centre for arthritis patients. So, instead of reducing expenditures on programmes, we needed to explore avenues to increase our income and source additional philanthropic supporters to support our recurrent and new programmes. Through the concerted effort of our Executive Committee Members we launched a major fund raising drive to seek more funding support of our work. A Charity Dinner was organized on 12 May, 2011 at the Mira Hotel Ballroom, and 300 very distinguished guests turned up to support the event. All enjoyed the ambience and cozy extravagance of the luxuriously decorated banquet hall and the fine dining as well as the exciting programmes prepared for the evening, including the superb performance of opera singing by the Foundation's Honorary President, Dr David Fang. With the generous support of Prof Jao Tsung-I, who donated a piece of his famous calligraphy “厚德載物” to the Foundation for charity auction, the evening's event was brought to an unprecedented climax and attracted bids of over \$1 million. Total donations and income collected during the Dinner amounted to \$2.69 million, and a net proceed of \$2,478,158.00 was recorded after expenses. We were thrilled by this boost of our reserves and were extremely encouraged by the generous support of our work.
29. During the year, as a happy finale for our 10<sup>th</sup> Anniversary, we were also fortunate to have successfully obtained a vacated office site at Nam Shan Estate in Shum Shui Po for the establishment of our much needed office and centre for the patients. We took over the premises in October, 2011. It was an entirely empty site and needed complete renovation and new furnishing to make it suitable for the purpose. We sought the assistance of an experienced designer, who was offering his pro bono service to help prepare drawings for the renovation work, and we applied to the Hong Kong Jockey Club Charities Trust for a donation to cover the fitting out and renovation costs of the Nam Shan Centre, which we hoped would start operation in early 2012. The Jockey Club responded positively to our appeal and approved a donation of HK\$1.6m to refurbish the Centre. We immediately completed the design drawings, called for tenders, and awarded contracts for the renovation work and, despite the Chinese New Year holidays we managed to move in the Centre to start operations in May, 2012. In recognition of the Jockey Club's timely and generously donation, we have named the Centre “HKARF Jockey Club Patient Resource and Training Centre”, and the official opening ceremony of the Centre was held on 20 October, 2012, officiated by Dr Ko Wing Man, Secretary for Food and Health, and Mr. Douglas So, Executive Director (Charities) of the Hong Kong Jockey Club. This Centre will become home for the Foundation, and we have made available some space for use as offices of the Hong Kong Rheumatoid Arthritis Association, HK Ankylosing Spondylitis Association, and the Hong Kong Psoriatic Arthritis Association.
30. This Centre will not only provide a Resource Library for the general public for learning about arthritis and rheumatic diseases, but will also provide an activity centre for volunteers and patients of the various patient self-help groups. In addition, the Centre's two Activity Rooms have been especially equipped with PT and OT equipment and



training facilities and the Foundation has developed plans for PT training classes, OT consultation and assessment, Tai Chi and Qigong classes, and other innovative training classes for patients such as art therapy and hypnotherapy, as well as free educational talks on osteoarthritis for the neighbours living in Nam Shan and Tai Hang Tung Estates. The Foundation was fortunate also to have obtained funding from Operation Santa Claus of a total of \$0.937 Million for the purchase of the needed PT and OT equipment in the centre, and for the recurrent running costs of the training sessions, as well as for the support of part of the Foundation's hydrotherapy programmes in the next two years.

31. The Foundation will continue its efforts to develop more plans and programmes to help the public better understand arthritis diseases and to help patients become more knowledgeable about their diseases' management and care. So despite the generous donation received we still need the support of every Hong Kong citizen who cares to help us achieve these goals. We will continue to work to attract more corporate donations and partner with more commercial companies to deliver our ongoing programmes and new initiatives. We look to all readers of this Report for their continued generous donations and support of our meaningful work.

### **Celebrating a Decade of Service to Hong Kong**

32. Our visionary founders had established the Foundation in October, 2001. Over the last ten years the Foundation had developed and grown to become a respectable Non-Government charitable Organization, providing public education, research, financial support and community services not only to patients suffering from chronic arthritis and rheumatism, but also to the general public of Hong Kong as a whole. I have described in brief our exciting work and challenges during the year. We hoped all who took part in the activities we organized had shared our joy and renewed our commitment to continue providing the needed service to the Hong Kong community. We are particularly happy that we had successfully established a new home for the Foundation and the arthritis patients in the Nam Shan Centre.
33. To further put a footprint in Hong Kong to record the service of the Foundation, we co-operated with Cosmos Books and published a special 10<sup>th</sup> Anniversary commemorative book --“風濕病全面睇” (Know more about Rheumatism), to provide the public with an authoritative and comprehensive reference book on the various common and rare rheumatic diseases. The book included many exclusive interviews with specialist doctors, patients and their families, and through these interviews and stories it is hoped to explain the types, symptoms and treatment of the various rheumatic diseases. It is available for sale at all major bookstores in Hong Kong, at Hong Kong \$88.

### **Votes of thanks**

34. Once again I would like to put on record my personal heartfelt gratitude for the unfailing support and relentless commitment of all my fellow Executive Committee Members, and Members of the various Committees, as well as to the staff and volunteers of the Foundation. I am very grateful that they have tolerated me in the last four years to make them work hard for the patients. But they are the ones who played the most critical role of designing and delivering the Foundation's services. Without their dedication and brilliant ideas many of the innovative projects for the welfare of Hong Kong's rheumatism

and arthritis community would not have been realized. My thanks also go to our Hon Presidents, Hon Advisors and the numerous rheumatology and orthopaedic specialists and doctors in the two Universities and various Hospitals, who have always shown their tremendous support. I would also like to thank our partners, the Hong Kong Society of Rheumatology, the Community Rehabilitation Network, the many office bearers and committee members of the six arthritis Patient Self-Help organizations, and the many charitable organizations, business corporations and pharmaceutical companies for their never failing cooperation and assistance. To all these unsung heroes I am forever grateful for their enormous and constant contributions.

35. The 10<sup>th</sup> Anniversary celebration activities had no doubt been causes for many sleepless nights for our hard-working and dedicated Executive Officer, Ms Den Law, who not only had to bear the burden of the much additional work, but also the burden of pregnancy during a major part of the year. We were all very pleased that she gave birth to a happy and healthy son in January 2012, and I would like to put on record my special thanks for her unfailing support. She had continued to do a marvelous job in supporting all the Committees and in the planning and execution of the many old and new services and projects undertaken by the Foundation, without much added resources. She had made my job as Chairman so much easier!
36. Of course words can hardly express our gratitude to all our donors for their generous donations and valuable sponsorships in support of our programmes and initiatives. On behalf of all the patients with arthritis and rheumatism, I wish to record our thanks to all of them once again for their generosity and support.
37. We pledge that we will continue to work hard to help people with Arthritis to live better lives and create a healthier future for the future generations of Hong Kong.

**Yau Po-wing, David**

**Chairman**

Sunday, 2 December, 2012

## **GOVERNANCE**

### **Honorary Presidents:**

Dr. David **FANG**

Prof. **CS LAU**

Mr. **MB LEE**, SBS MBE, CPA, JP

Dr. **TAM** Wah-ching, PhD, DBA

### **Honorary Advisors:**

Dr. **CHAN** Ka-ho

Prof. **CHAN** Lai-wan, Cecilia

Ms. Shirley **CHAN**

Ms. Mabel **CHAU**

Mr. Johnny **CHENG** Woon-sun

Mrs. **CHEUK AU** Ching-mei, Corona

Mr. Benny **CHEUNG** Wai-leung

Prof. Peter KW **CHIU**

Prof. **CHOW** Shew-ping

Dr. **CHU** Mang-ye, Eli

Dr. Margaret W L **CHUNG**

Dr Emily **KUN**

Prof. YL **LAU**

Dr. Anthony **LEE** Kai-yiu

Dr. **LEE** Tsz-leung

Prof. Edmund K **LI**

Ms. Kitty **LO** Yuk-ye

Mr. **NG** Hang-sau

Mr. Peter **POON**

Dr. **WONG** Woon-sing, Raymond

Mr. **YUNG** Wing-Ki, Samuel

### **Executive Committee Members (2011-12):**

Mr. **YAU** Po-wing, David (Chairman)

Mr. **CHAN** Kar-lok (Vice-Chairman)

Dr. **CHAN** Tak-hin (Vice-Chairman)

Dr. **LEE** Ka-wing, Gavin (Hon Secretary)

Ms. Camilla **CHAN** (Hon Treasurer)

Ms. **CHEUNG** Wai-han, Elsa (Hon Legal Advisor)

Ms. **CHAN** King Chu

Dr. **CHENG** Hang-cheong

Ms. Pauline **CHENG**

Mrs. Linda **LAU**

Dr. **LEE** Ka-yan, David

Ms. Christine **LEUNG**

Prof. Cecilia **LI**

Dr. **MOK** Mo-yin, Temy

Dr. **NG** Kam-hung, Daniel

**Honorary Auditor:**  
S. L. Lee & Lau

**Conveners of Committees:**

- Education Committee** - Dr. Gavin **LEE**
- Patients Support Committee** - Dr. **CHAN** Tak-hin
- Finance & Fund-raising Committee** - Mr. **CHAN** Kar-lok
- Scientific Committee** - Dr. **NG** Kam-hung, Daniel

**Staff:**

- Executive Officer:** Ms Den **Law**
- Executive Assistant** Ms Shirley **Wong** (25 July 2011 - 15 June 2012)
- Administrative Assistant (Part-time)** Ms **Cheung** Sing-yip

# Hong Kong Arthritis & Rheumatism Foundation Ltd.

## **Reports of the Conveners of Committees for the Financial Year from 1 April 2011 to 31 March, 2012**

### **Report of the Patients Support Committee (2011-2012)**

#### **Membership of the Committee**

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

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

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

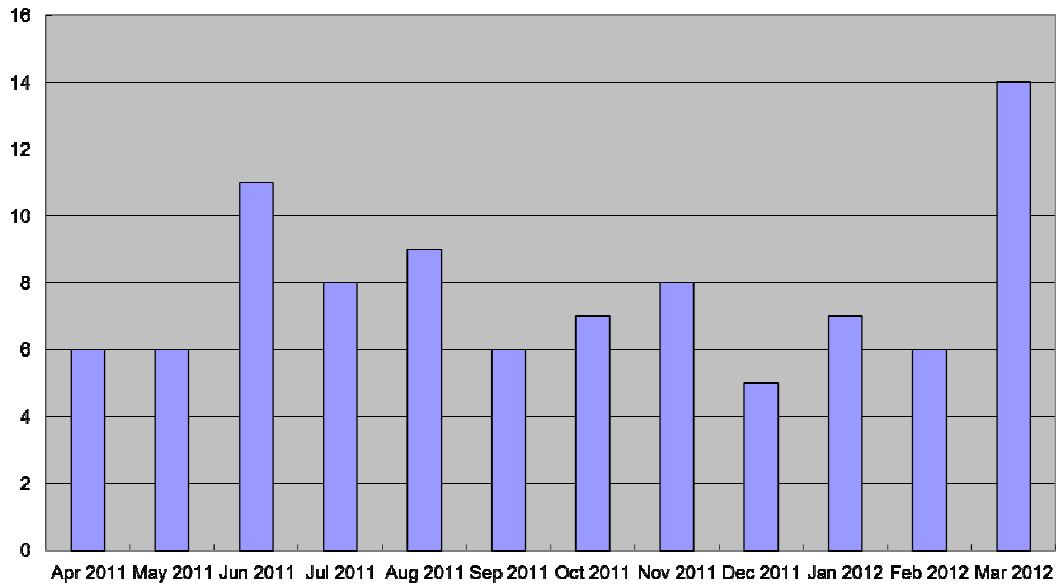
#### **1.1 Patient Support Fund**

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.

1.1.1 Total approved applications and amount from **1 April 2011 to 31 March 2012:**

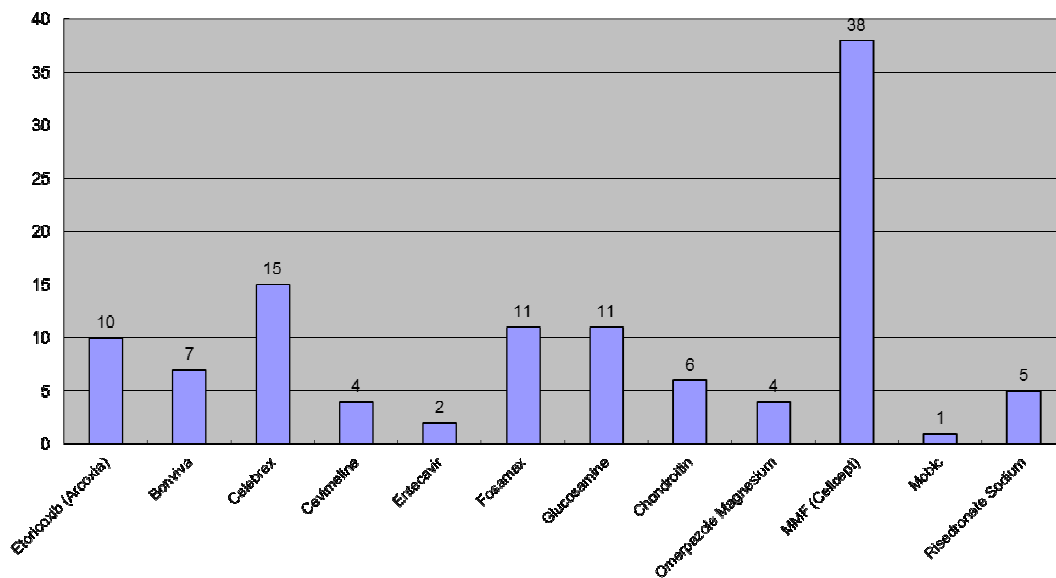
<b>Total number of application received:</b>	<b>93</b>	Approved:	91
<b>Total amount:</b>		<b>HK\$</b>	<b>161,143.30</b>
<b>Total no. of patients benefited:</b>			<b>31</b>

### Monthly Distribution



### 1.1.2 Medications

#### Distribution of Medications



### 1.2 Expensive Drug Support Scheme

The HKARF also negotiated 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 subsidies were provided by the Foundation.

#### 1.2.1 Total number of applications received from **1 April 2011 to 31 March 2012:**

**Total number of application received: 19** Approved: 17  
Change to apply PSF: 2

1.2.2	Drug required:	
	Infliximab (Remicade)	Total number of referral: 3
	Enteric coated Mycophenolate Sodium (Myfortic)	Total number of referral: 10
	Bosentan (Tracleer)	Total number of referral: 0
	Etanercept (Enbrel)	Total number of referral: 6

### 1.3 Emergency Fund

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

Total number of applications received **from 1 April 2011 to 31 March 2012:**

Number of application received:	2	Approved:	2
		Reject:	0

	<u>Support Amount</u>
EF#012 (Ms FUNG) approved on 12 April 2011	HK\$5,000.00
EF#013 (Ms WONG) approved on 12 April 2011	HK\$5,000.00
<b>Total:</b>	<b>HK\$10,000.00</b>

### 1.4 Activity Fund

The purpose of the Patients Activities Fund is to offer sponsorship to registered patients' self-help groups or other organizations, such as Patient Resource Centres, to organize activities that promote the well-being of the patients suffering from arthritis and rheumatism.

Allocations of Activity Fund **from 1 April 2011 to 31 March 2012**

Total number of applications received:	4
Approved:	4

	<u>Support Amount</u>
B27 Association	HK\$ 1,500.00
HK Paediatric Rheumatism Association	HK\$ 2,660.00
HK AS Association	HK\$ 5,000.00
<b>Total:</b>	<b>HK\$ 9,160.00</b>

### 1.5 Hydrotherapy Class

The HKARF recognized the benefits of water exercise for the patients and therefore launched the hydrotherapy programme for the patients referred by rheumatic doctors and 5 Patient Self-Help Groups. There were 6 classes per week at Queen Elizabeth Hospital (QEH) and 2 classes per week at Pamela Youde Nethersole Eastern Hospital (PYNEH). As the programme was popular and many patients benefited, the Foundation would look for other hydrotherapy pool and expand the programme to other districts in Hong Kong.

In order to maintain this popular programme, the Foundation successfully applied to the Operation Santa Claus for funding and an amount of HK\$547,150 was approved to support the programme in 2012/13.

Report of Hydrotherapy Programme 2010 from 1 January to 31 December 2011

Total number of days:	248	Total number of lessons:	488
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Total number of attendances:	6,624	Total number of beneficiaries:	363
Total number of new referral cases:	167		

Expenditure

Physiotherapists	HK\$137,810.00
Hydrotherapy pool rental	<u>HK\$126,000.00</u>
Sub-total:	HK\$263,810.00

Income

Participant fee	HK\$140,895.00
<b>Deficit:</b>	<b>HK\$122,915.00</b>

**Hydrotherapy class referrals from 1 January to 31 March 2012**

Total number of referral cases received:	16		
2012 Hydrotherapy Programme:			
Enrolled:	12	Enquired:	4
Phase 1:	12		
Choose QEHL:	9	Choose PYNEH:	7

1.6 **Psychosocial Programme – Arthritis Buddy Helpline**

The support arthritis line 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, mentors programme would be introduced to them and there would be a specific mentor, who had undergone the 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”.

When the volunteers found a patient might need professional counselling service, the patients would be referred to social workers of the Community Rehabilitation Network. Most callers found the volunteers could provide useful information about arthritis diseases and their experience could really help them understand more the diseases’ treatment and help release the stress when facing the diseases. The callers joined the activities held by CRN and the Foundation and knew that they were not alone.

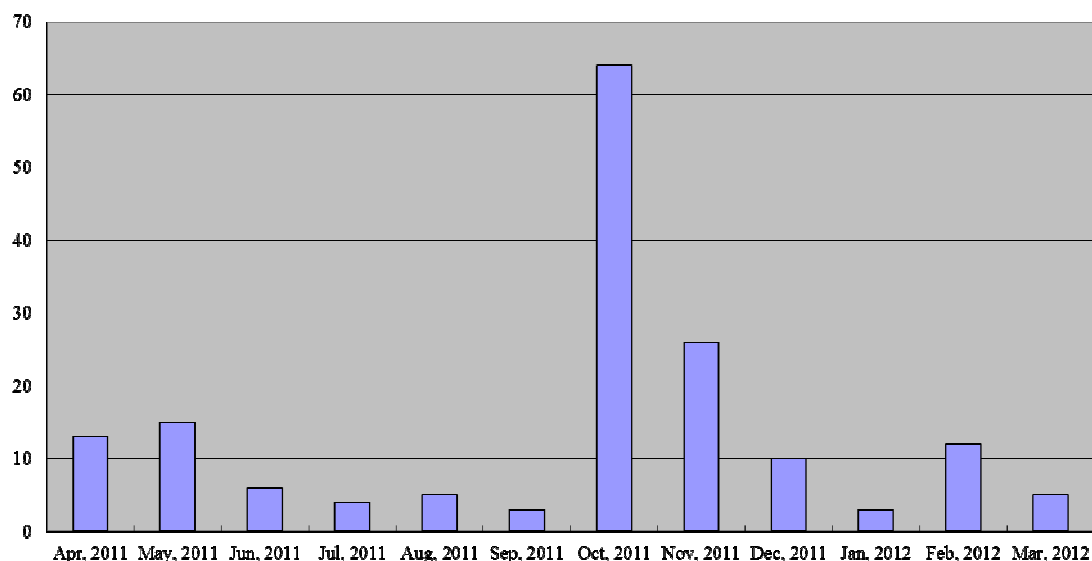
In order to promote the helpline to the public, a series of promotion including TV infotainment and MTR station advertisement was launched and the helpline number was shown on the souvenirs to distribute at different events and the Foundation website.

**Report on the Arthritis Helpline from 1 April 2011 to 31 March 2012:**

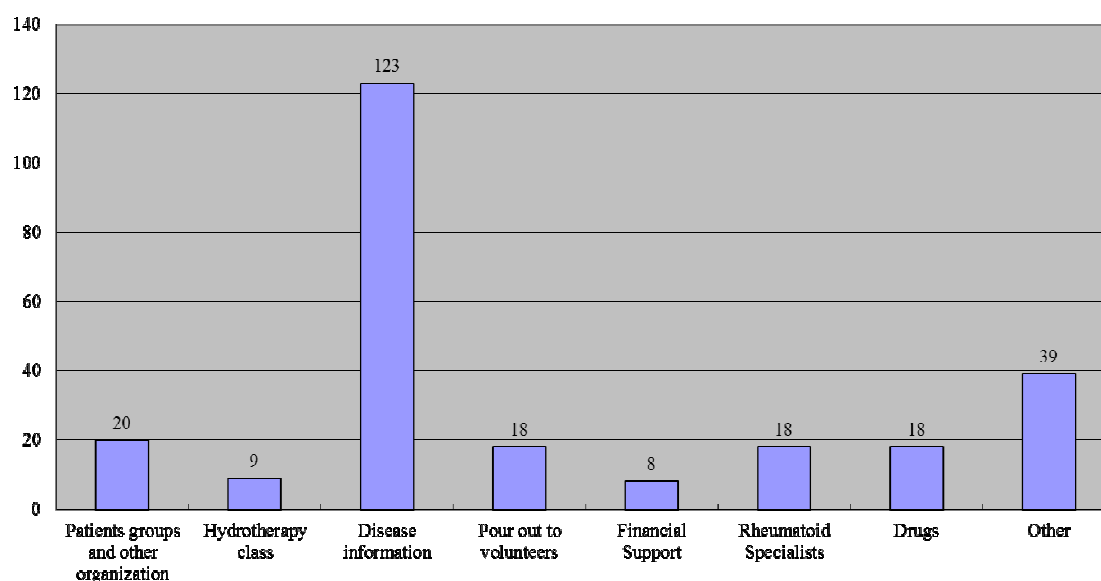
Total number of incoming calls:	166
Join “Arthritis Buddy” programme:	12
Withdrawn (the “Arthritis Buddy” Programme):	2



**Monthly No. of Inquiries**



**Arthritis Helpline - No. of Inquiries (Apr 2011 - Mar 2012)**



**Total Allocations during the period 1 April 2011 – 31 March 2012**

	Approved Cases	Approved Amount
1. Patient Support Fund	91	HK\$ 161,143.30
2. Expensive Drug Support Scheme	17	
3. Emergency Fund	2	HK\$ 10,000.00
4. Activity Fund	4	HK\$ 9,160.00
5. Hydrotherapy programme 2012 Promotion		HK\$ 1,730.00
6. Hydrotherapy programme 2011 (PT fee Phase 2 – 6)		HK\$ 118,610.00
7. Hydrotherapy programme 2011 (QE Pool rental)		HK\$ 82,800.00
8. Hydrotherapy programme 2010 (PY Pool rental)		HK\$ 48,600.00
9. Hydrotherapy programme 2010 (PY PT fee)		HK\$ 14,400.00
10. Psycho-social Programme (Volunteers allowance)		HK\$ 2,280.00
		<b><u>HK\$ 448,723.30</u></b>

**Income**

1. Hydrotherapy programme 2011 participants' fee	HK\$ 140,895.00
2. Hydrotherapy programme 2012 participants' fee	HK\$ 27,360.00
3. Operation Santa Claus funding for PT / OT session	<u>HK\$ 390,000.00</u>
	<b><u>HK\$ 558,255.00</u></b>

**Net Income:** **HK\$ 109,531.70**

## **Report of the Education Committee (2011-2012)**

### **Membership of the Committee**

Convener: Dr. Lee Ka Wing Gavin (Convener)  
Members: Ms. Camilla Chan  
Ms. Chan King-chu  
Ms. Patsy Chan  
Dr. Chan Tak Hin  
Dr. Cheng Hang-cheong  
Ms. Kwok Suet-Kei, Gladys  
Mr. Lam Wai-hung, Stephen  
Dr. Mok Mo-yin, Temy  
Ms. Ng Mei-sum  
Mr. Yau Po-wing, David (Ex-officio)

### **Sub-committees:**

**Newsletter Sub-Committee**

**Website Sub-Committee**

#### 1) **International Arthritis Day 2011 – Carnival**

To celebrate the 2011 International Arthritis Day and present the award of the 3<sup>rd</sup> batch of Hong Kong Arthritis & Rheumatism Foundation Ambassadors, a Carnival was held at Shatin Town Hall Plaza on 16 October, 2011. Mr. Man-bun LEE, the Hon. President of the Foundation, and Mr. David HARILELA, District Governor of Rotary International District 3450, attended the occasion as Guests of Honour. There were 6 game booths, 2 bone density checking booths, 1 Information Counter, 1 booth for Physiotherapy check and 1 booth for Occupational therapy check, and more than 3,000 participants turned up for the event. All the attendees enjoyed the game booths, the demonstration of joints exercises and the talks on arthritic diseases. The total expenditure for the event was \$101,966.40 while a total sponsorship of HK\$88,000.00 was collected. A deficit of \$13,966.40 was recorded for the event.

#### 3) **Educational Talks**

##### 3.1 **Seasonal Public Talk Series**

A series of Talks on specific arthritis diseases was held each season throughout 2011-2012. The talks were organized with the assistance of the Community Rehabilitation Network of the Hong Kong Society for Rehabilitation, together with the related Patients Self-Help Group. Each talk was sponsored by a pharmaceutical company to cover all promoting and logistic costs. The details of the talks were as follows:

- a) Systemic Lupus Erythematosus (SLE) Talk (2011 Season 2)  
Date: 28 May 2011  
Venue: HKFYG Multi-function Hall I  
Speaker: Dr. Ma Kai-yiu, Ms Gladys Kwok (Nurse)  
No. of participants: 70

- b) Rare Disease – Vasculitis Talk (2011 Season 3)  
Date: 20 August 2011  
Venue: Lecture Theatre, G/F, Block M, Queen Elizabeth Hospital  
Speaker: Dr. Julia Chan  
No. of participants: 90
- c) Rare Disease – Dermatomyositis & Polymyositis Talk (2011 Season 3)  
Date: 3 September 2011  
Venue: Rm 104, YMCA College of Careers  
Speaker: Dr. Chow Suk-yee  
No. of participants: 60
- d) Psoriatic Arthritis Talk (2011 Season 4)  
Date: 26 November 2011  
Venue: HKSAR CRN Kornhill Centre  
Speaker: Dr. Amy Yung, Dr. Carmen Ho  
No. of participants: 50
- d) Ankylosing Spondylitis Talk (2012 Season 1)  
Date: 18 March 2012  
Venue: Hall, Duke of Windsor Social Service Building, Wanchai  
Speaker: Dr. Chung Ho-yin, Ms. Chung (PT)  
No. of participants: 70

### 3.2 Other Public Talks

Other talks would be held upon request by patients or other organizations. There were 2 talks on the topic of “Pain Management”:

- a) Osteoarthritis Talk  
Date: 8 May 2011  
Venue: Tai Po Baptist Church Social Service  
Speaker: Dr. Gavin Lee, Ms Jackie Kwan (Social Worker)  
No. of participants: 70
- b) Drug and Hypnotherapy on Pain Talk  
Date: 11 December 2011  
Venue: Hall, Duke of Windsor Social Service Building, Wanchai  
Speaker: Dr. Liu Hor-ming, Dr. Kelvin Tang (Hypnotherapist)  
No. of participants: 155

As the RA talk held on March 2011 was popular, another RA talk was held on 16 July 2011 at Hall of Breakthrough Centre in Jordan. Dr. Gavin Lee and Ms. Annie Chiang were the speakers and there were total 180 participants.

### 3) Publication of Newsletters ‘Arthritis Care’

Two issues of the bi-annual Foundation Newsletter were published in June 2011 and December 2011 respectively. These Newsletters covered the latest news of the Foundation, as well as updated information on patient support activities and educational materials. 4,000 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.

4) **Revision of the HKARF website**

The Foundation's website was being revamped in order to provide a more user-friendly interface. Besides, all the arthritis information would be updated and both HTML and PDF files to suit users need would be provided. The new layout of the website was launched in July 2011. New members, including nurses, were invited to join the website sub-committee.

8) **St. John's Carnival (Tsuen Wan)**

In order to raise the public concern about arthritis diseases, the Foundation joined the St. John's Association's Carnival (Tsuen Wan) held on 8 January 2012, by providing a booth in which we arranged bone-density checking of visitors.

## **Report of the Fund-raising Committee (2011-2012)**

### **Membership of the Committee**

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

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

1) **Charity Dinner 2011**

The Foundation's Charity Dinner was held on 12 May 2011 at the Mira Hotel Ballroom. This turned out to be extremely successful and a record total of 300 guests turned up to support the event. All enjoyed the ambience and cozy extravagance of the luxuriously decorated banquet hall and the fine dining as well as the exciting programmes prepared for the evening, including the superb performance of opera singing by the Foundation's Honorary President, Dr David Fang. Besides, the competitive bidding of Prof Jao Tsung-I's calligraphy brought the event to an unprecedented climax. Total donations and income amounted to \$2.69 million, and a net proceed of \$2,478,158.00 was recorded after expenses.

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

The Foundation joined the Wise-Giving fundraising platform provided by the Hong Kong Council of Social Services, to make the public better aware of the charity work of the Foundation. Through this arrangement, donors could make donations to the Foundation with a special bar-code through 7-11 stores. HK\$1,200 donation was collected from this platform.

3) **Donation Boxes at SOGO Supermarket**

With the kind permission of the SOGO Department Store, two donation boxes were placed at the Causeway Bay SOGO Supermarket shroff counters to collect donations from shoppers. From 1 April 2011 to 31 March 2012, the donation collected was HK\$12,580.20.

## **Report of the Scientific Committee (2011-2012)**

### **Membership of the Committee**

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

### **Training Fellowship & Research Fund Schemes Sub-Committee:**

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

#### 1) **HKARF Research Grant**

The Hong Kong Arthritis & Rheumatism Foundation (HKARF) has been offering research grants, on an annual basis, to fund research projects initiated by rheumatologists and collaborators since January 2007, with maximum amount of HK\$30,000 per project. The Scientific Committee reflected on the issue of limited impact of investigator initiated projects and would consider re-launch of the research grant when a solid plan for supporting projects with larger scale and with more direct impact on promotion of arthritis care for patients in Hong Kong has been substantiated.

#### 2) **HKARF/HKSR Scholarships**

The HKARF/HKSR Scholarship is 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.

2 rheumatologists were awarded the scholarship for 6-month training in 2011/12:

- 1) Dr. Ho Ling-yin
- 2) Dr. Yu Ka-lung

The value of the scholarships is HK\$60,000 each and the Foundation will contribute HK\$5,000 to each scholarship awarded the scholarship and total contribution is HK\$10,000.

3) **Newsletter for Healthcare Professionals: CHARM**

As a means of education and provision of updated information regarding management of rheumatic diseases to health care professionals, bi-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 is disseminated to multi-disciplinary healthcare workers involved in the management of patients with rheumatic diseases. Each issue involves articles from cross-disciplines including Rheumatology, Paediatrics Rheumatology, Orthopaedic surgery, Physiotherapy, Occupational therapy and Rheumatology nursing.

Since the last year-end, one issue of CHARM was published:  
August 2011 – Pain Management

Around 4,000 copies of each issue of CHARM were printed and distributed to the hospitals and various professional organizations including rheumatologists, orthopaedic surgeons, physiotherapists, occupational therapists, paediatricians, nurses. Some copies were also sent to those who contributed to the production cost of the magazine.

4) **East Meets West series – Traditional Chinese Medicine Symposium**

The annual East Meets West series of educational symposium organized by the Foundation provides a platform for Western medical professionals to have more understanding in the perspectives of Traditional Chinese medicine and arts in the management of arthritis. This time, a 2-hour afternoon symposium on Traditional Chinese Medicine was held on 17 September 2011 (Saturday). The speakers of the symposium included Prof Yao TONG and Dr Yi Bin FENG of the University of Hong Kong, as well as Ms Jenny TUNG of HKU SPACE. There were 35 attendees and the symposium was well received with positive feedback according to post-seminar evaluation questionnaires.



**2011/12 HKARF Activities / Working List**

<b>Date</b>	<b>Event</b>	<b>Committee</b>
10 Jan 2011 – 13 Jan 2012	Hydrotherapy Programme 2011 In QEH and PYNEH Total no. of attendances: 6,624	Patient Support Committee
1 April 2011	Pre-Race Talk for 5K Run No. of participants: 150	Education Committee
17 April 2011	5K Cross Country Challenge & Family Day No. of participants: 300	Education Committee
8 May 2011	Educational Talk – OA (Tai Po) In collaboration with Tai Po Baptist Church Social Service & CRN Speaker: Dr. Gavin Lee Ms. Jackie Kwan (Social Worker) No. of participants: 50	Education Committee
12 May 2011	Charity Dinner 2011 Venue: The Mira Hotel, Tsim Sha Tsui No. of participants: 300	Fund Raising Committee
28 May 2011	Seasonal Educational Talk – SLE Speaker: Dr. Ma Kai-yiu Ms Gladys Kwok (Nurse) No. of participants: 70	Education Committee
June 2011	Newsletter – Arthritis Care Vol. 13 No. of issues: 4,000	Newsletter Sub-committee
June 2011	3rd HKARF Ambassador Election	Education Committee
June 2011	New Drug added to Expensive Drug Support Scheme	Patient Support Committee
16 July 2011	Educational Talk – RA Speaker: Dr. Gavin Lee Ms. Annie Chiang No. of participants: 200	Education Committee
August 2011	Newsletter – CHARM Vol. 6 No. of issues: 4,000	Scientific Committee
20 August 2011	Seasonal Educational Talk – Vasculitis Speaker: Dr. Chan Pui-shan No. of participants: 100	Education Committee
3 September 2011	Seasonal Educational Talk – Dermatomyositis & Polymyositis Speaker: Dr. Chow Suk-yea No. of participants: 50	Education Committee
17 September 2011	“East meets West” series – Chinese Medicine Symposium No. of participants: 35	Scientific Committee
16 October 2011	IAD 2011 Carnival & 3 <sup>rd</sup> HKARF Ambassador awarding ceremony Venue: Shatin Town Hall Plaza No. of participants: 4,000	Education Committee
26 November 2011	Seasonal Educational Talk – Scleroderma & Sjogren Syndrome Speaker: Dr. Amy Yung Dr. Carmen Ho No. of participants: 60	Education Committee

<b>Date</b>	<b>Event</b>	<b>Committee</b>
December 2011	Newsletter – Arthritis Care Vol. 14 No. of issues: 4,000	Newsletter Sub-committee
11 December 2011	Educational Talk – Pain Management Speaker: Dr. Liu Hor-ming Dr. Kelvin Tang (Hypnotherapist) No. of participants: 155	Education Committee
12 February 2012	CNY Volunteers Gathering 2012 Venue: The Chinese General Chamber of Commerce, Central No. of participants: 80	Executive Committee
March 2012	HKARF/HKSR Scholarship 2011/12 2 Awards: Dr. Ho Ling-yin Dr. Yu Ka-lung	Scientific Committee
18 March 2012	Seasonal Educational Talk – AS Speaker: Dr. Chung Hoi-yin Ms Joan Chung (PT) No. of participants: 70	Education Committee

\* Below activities list after Apr 2012 is for your reference.

<b>Date</b>	<b>Event</b>	<b>Committee</b>
April 2012	TV Infotainment starts to broadcast – RA	Education Committee
21 April 2012	Educational Talk – RA Speaker: Dr. Chan Tak-hin Ms. Emily Kwan (PT) Mr. Walter Chu (朱維德先生) No. of participants: 120	Education Committee
May 2012	TV Infotainment broadcasts – PsA	Education Committee
May 2012	HKARF Jockey Club Patient Resource & Training Centre starts operation	Executive Committee
25 May 2012 – 8 June 2012	MTR stations advertisement published	Education Committee
June 2012	TV Infotainment broadcasts – AS	Education Committee
June 2012	Newsletter – Arthritis Care Vol. 15 No. of issues: 4,000	Newsletter Sub-committee
16 June 2012	Educational Talk – PsA Speaker: Dr. Cheung Tak-cheong Ms. Joe Tsang (Patient) Ms. Mary Hon (韓瑪利女士) No. of participants: 170	Education Committee
30 June 2012	Seasonal Educational Talk – Gout Speaker: Dr. Albert Young No. of participants: 100	Education Committee
July 2012	Newsletter – CHARM Vol. 6 No. of issues: 4,000	Scientific Committee
July 2012	New book launch – Know more about Rheumatism (風濕病全面睇)	10 <sup>th</sup> Anniversary Committee
22 July 2012	Arthritis Patient Conference Speaker: Dr. Gavin Lee Dr. Daniel Ng Dr. Chan Tak-hin Dr. Cheung Tak-chong Ms. Kristo Shum (PT) Ms. Kristan Leung (OT) Dr. Pamela Leung Ms. Annie Chiang Mr. Ng Wai-man Ms. Jenny Lau Ms. Wendy Kou Dr. Danny Chan Ms. Ivy So No. of participants: 338	Education Committee
11 August 2012	Seasonal Educational Talk – SLE Speaker: Dr. Ma Kai-yiu Ms. Gladys Kwok (nurse) No. of participants: 119	Education Committee
25 August 2012	Educational Talk – AS Speaker: Dr. Gavin Lee Mr. Ng Nai-kong Mr. Law Lok-lam (羅樂林先生) No. of participants: 170	Education Committee

<b>Date</b>	<b>Event</b>	<b>Committee</b>
September 2012	PT exercise class in centre starts	Patient Support Committee
September 2012	OT consultation in centre starts	Patient Support Committee
6 – 8 September 2012	3 <sup>rd</sup> batch HKARF Ambassador Visit to Guangzhou	Education Committee
18 September 2012	Hypnotherapy Talk No. of participants: 20 Venue: Resource Centre	Patient Support Committee
29 September 2012	Art therapy – Experiential workshop No. of participants: 12 Venue: Resource Centre	Patient Support Committee
October 2012	New Drug added to Expensive Drug Support Scheme	Patient Support Committee
14 October 2012	IAD 2012 Carnival Venue: Citywalk, Tsuen Wan No. of participants: 3,000	Education Committee
20 October 2012	Grand Opening of HKARF Jockey Club Patient Resource and Training Centre	Executive Committee
31 October 2012	Hypnotherapy Workshop in centre starts	Patient Support Committee
3 November 2012	Seasonal Educational Talk – OA & Joint replacement Speaker: Dr. Amy Yung Dr. Ng Tzs-pui No. of participants: 125	Education Committee
6 November 2012	Educational Talk – “Treat to target” in RA/AS Speaker: Dr. Lucia Chau Dr. Yu Ka-lung No. of participants: 56	Education Committee
15 November 2012	Art therapy – Open Studio in centre starts	Patient Support Committee
17 November 2012	Seasonal Educational Talk – OA & exercise Speaker: Dr. Kitty Kwok Ms. Kristo Shum (PT) No. of participants: 140	Education Committee
1 December 2012	Health Check Day Venue: Resource Centre No. of participants: 50	Patient Support Committee
12 December 2012	Educational Talk – SLE Speaker: Dr. Gavin Lee	Education Committee