

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

## **TWELVETH ANNUAL GENERAL MEETING**

**15 December, 2013**

### **Report of the Chairman**

#### **for the Financial Year from 1 April 2012 to 31 March, 2013**

1. As I write this annual report, I feel blessed with a sense of gratitude, fulfillment and satisfaction, for having served the Hong Kong Arthritis and Rheumatism Foundation as its Chairman for the past six years. By constitution, I will be stepping down as Chairman after the Annual General Meeting and a new Chairman will be elected to take over the demanding but satisfying work. It was a specially memorable and rewarding chapter of my life. Looking back I am extremely grateful for the opportunity, and for the trust, support and selfless contribution of all my colleagues in the Executive Committee and in the various Sub-Committees, and all the members and volunteers of all the Patient Self-help Groups, which enabled my work as Chairman so happily and smoothly completed. I was also able to learn a lot from professionals and patients about the various arthritis and rheumatic diseases, which prompted me to be more conscious of health issues particularly at my age. Most importantly I am pleased that I have been able to make a large number of good new friends.

2. Reminiscence apart, I am pleased to report that after a fruitful decade of service to the community of Hong Kong, the Foundation had a very successful year of leading a new chapter in its history, working from its brand new Office and Centre in Nam Shan Estate from May, 2012, and of continuously carrying out various popular programmes as well as new innovative initiatives for the arthritis patients and general members of the public. I shall, however, refrain from the very detailed reporting of previous years about the Foundation's missions, its various work and the rationale for carrying out such work, as interested readers can read about these again from revisiting these from my previous annual reports, which are available for reading or downloading from the Foundation's exciting new website: [www.hkarf.org](http://www.hkarf.org). I would also strongly urge readers to take a look at our special 10<sup>th</sup> Anniversary 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" which would provide a full story of the Foundation's work for the Hong Kong arthritis and rheumatism family in the ten years from 2001. In this year's Report, I shall concentrate on providing a report on each of the programmes undertaken by the Foundation during the year, and hopefully readers can more quickly have a good grasp of our work. Also, readers can find more details of our activities during the year in the Reports of the Convenors of the various Committees following my Report.

#### **HKARF Jockey Club Patient Resource and Training Centre**

3. The most significant event of the year was obviously the official opening of the Foundation's new Office and Centre for patients at Nam Shan Estate in Shum Shui Po. From an empty site which we took over in October 2011, we had transformed it to become the signature home of the Foundation and of all the arthritis patients in Hong Kong. We appealed to the Hong Kong Jockey Club Charities Trust for a donation to cover the renovation and fitting out costs of the premises and promptly obtained a grant of HK\$1.6 million to refurbish and equip the Centre. Despite the

Christmas and Chinese New Year holidays, we managed to complete the design drawings, call for tenders, and award contracts for the renovation work, and then to complete all the works and furnishings and obtain formal approval to move in the Centre to start operations in May, 2012. This new Centre was officially opened on 20 October, 2012 by Dr Ko Wing Man, Secretary for Food and Health, and Mr. Douglas So, Executive Director (Charities) of the Hong Kong Jockey Club, and was officially named the “HKARF Jockey Club Patient Resource and Training Centre” in recognition of the Jockey Club’s timely and generously donation. To make it convenient for all arthritis patients and to forge closer alliance with the arthritis Patient Self-Help Groups we have made available in the Centre some space for use as offices of the Hong Kong Rheumatoid Arthritis Association, HK Ankylosing Spondylitis Association, and the Hong Kong Psoriatic Arthritis Association.

This Centre will provide much needed training and activity rooms for volunteers and patients. The Centre’s two Activity Rooms have been especially equipped with PT and OT equipment and training facilities and the Foundation had put in place its service development plans for PT exercise training classes, OT consultation and assessment, and other innovative training classes such as hypnotherapy and art therapy workshops for patients suffering from autoimmune arthritis diseases. The two Activity Rooms could be turned into one large lecture room for us to conduct free educational talks on various arthritis diseases, as well as on osteoarthritis and osteoporosis for the neighbours living in Nam Shan Estates and in the Tai Hang Tung and Shum Shui Po area. A Resource Library with a computer to access the Internet and a good collection of books, videos and educational materials regarding arthritis and rheumatism was also set up and open freely to patients, carers and the general public for learning about arthritis and rheumatic diseases,.

With the opening of the Centre, the Foundation was fortunate also to have obtained funding of a total of \$937,000 from Operation Santa Claus Charitable Fund for the purchase of additional needed PT and OT equipment, for the recurrent running costs of the training sessions, as well as for the support of part of the Foundation’s very popular hydrotherapy programmes in the next two years.

#### **Supporting Patients**

4. The most important work of the Foundation is to help patients with arthritis and rheumatic diseases, supporting them in need and enriching and improving the quality of their life despite their suffering from the diseases.

5. We approach this through various regular programmes:

a. *Patient Support Fund*: This scheme would provide direct financial assistance to arthritis patients with assessed proven needs to purchase non-Government subsidized medications dispensed by doctors in the treatment of their chronic conditions. The Fund also provides for subsidies to patients to purchase needed rehabilitation aids or to do home adaptation works.

As reported last year Government had responded positively to calls from the Foundation and many outspoken Patient Self Help Groups to provide more suitable drugs for the treatment of arthritis patients in the subsidized list, and also a few specified expensive biological drugs for the treatment of arthritis could be provided to some eligible patients through the Samaritan Fund. This had slightly reduced the reliance on the Foundation’s financial support for some patients. Nevertheless the need was still there and there was still an increase in the applications from the Patient Support Fund during 2012/13, although from the statistics, the average amount needed by patients dropped by 8%, probably reflecting that Government had

given the patients better support on the provision of needed medications. 122 (as compared with 91 in 2011/12, +34%) applications were approved during the year and a total of HK\$210,175.00 (HK\$161,143.30 last year, +30.4%) was allocated to help 44 (31 last year, +37.5%) patients (or average of HK\$4,776 per patient this year, compared to HK\$5,198 per patient last year, -8%). Expenditure on the Patients Support Fund accounted for 10.7% (10.4% last year) of the Foundation's total recurrent expenditure of HK\$1,971,760 in 2012/13 (HK\$1,554,676 last year, +26.8%). These figures are evidence that timely assistance to the needy patients would still be needed and clearly demonstrate 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, continued to bear fruit and should be continued.

- b. Emergency Fund: This would provide a one-off financial assistance to patients who faced sudden and unforeseen financial hardship because of family crisis, sudden loss of their job because of unexpected change in their health condition, or when undergoing medical treatment.

During the year, one application from the Foundation's Emergency Fund was approved, compared with 2 last year. HK\$5,000 was allocated.

- c. Expensive Drug Scheme: The scheme would help needy patients purchase expensive drugs, particularly the expensive biological drugs, at a reduced average price. This is a 'buy-one-get-bonus' scheme, achieved through negotiations by the Foundation with pharmaceutical companies, and would enable patients referred by the Foundation to purchase needed medications with less money. The least is to 'buy 3 and get 1 free', and the best is 'buy 1 and get 1' free. No direct subsidies were provided by the Foundation.

6 drugs participated in this scheme (2 joined the scheme for the first time during the year) and 26 patients were able to benefit in 2012/13.

- d. Patients Activity Fund: This to offer sponsorship to registered patients' self-help groups or other organizations to organize activities that promote the well-being of the patients suffering from arthritis and rheumatism. The purpose is to encourage more patients to be more active in their social life.

A total of HK\$16,400 was allocated to support programmes organized by the 4 Patient Self-Help Groups. The reliance on the Foundation's financial support for activity programmes for patients had been gradually reducing in recent years as Government recognized the importance of getting patients to be more actively engaged in social life for rehabilitation, and provided Patient Self-Help Groups with increasing subsidies for the purpose.

- e. Hydrotherapy Programmes: This is to facilitate arthritis patients to take part in water exercise training after normal office hours in hydrotherapy pools in HA hospitals, under the proper supervision of a physiotherapist, as a means of rehabilitation through relaxing the patient's tight and painful muscles and joints. The Foundation would heavily subsidize the programme by paying for the pool rentals to HA and for the attending PT's honorarium, and patients would apply to participate at an affordable fee of HK\$30 per session (HK\$15 for patients who were CSSA recipients). The fee was mainly imposed partly to encourage self-motivation and partly to defray costs, so that the Foundation could afford to cater for more patients in future programmes.

This had been an extremely popular programme for patients and demand far exceeded the number of available spaces in each class, but patients who wished to join for the first time would be given priority to participate and the remaining would be allocated by ballot. Regularly 8 classes per week were conducted at the Queen Elizabeth Hospital (QEH) and 2 classes per week at the Pamela Youde Nethersole Hospital. HK\$347,100 (*HK\$122,915 in 2011/12*) were spent during the year for this programme, which provided 476 (*488 last year*) classes to 301 patients (*363 last year*) for a total of 6,472 attendances (*6,624 last year*). The numbers were slightly reduced compared with the previous year because the pool in QEH was closed for repair for some time during the year and we had to rearrange some lessons to be conducted in the Kowloon Hospital which could cater for lesser numbers. The expenditure on supporting the hydrotherapy programme accounted for 17.6% (*8% in 2011/12*) of the Foundation's total recurrent expenditure during the year.

The programme became proven to be an extremely cost-effective rehabilitation programme for rheumatic patients in the last four years. Patients could make good use of the already heated HA hydrotherapy pools when they would otherwise be left idle. Patients' health conditions had been much improved, resulting in their less frequent needs to revisit hospitals for medical consultations or hospitalization. This not only reduced the burden of HA's specialist out-patient clinics, but also implied countless savings in terms of medical costs, loss of working days, and reduced need for medications. As a result of the success of the programme, the HA had taken note and decided to reduce the rental of these pools and open up more hydrotherapy pools in other hospitals for similar community use. The Foundation was exploring the possibility of organizing more similar classes in other hospitals, particularly in the New Territories, but the lack of available physiotherapists to conduct these classes was preventing this from earlier implementation and was a problem that the Foundation would address to overcome.

As the Foundation is not subvented by Government and relies on public donations to support its various programmes and activities, we are always seeking to develop further donations and resources. We believed the tremendous success of this hydrotherapy programme for arthritis patients would attract support from other charitable funders and business corporations, and thus submitted an application to the Operation Santa Claus Charitable Fund (OSCCF) for partial funding of the expenses, and successfully obtained an allocation of HK\$547,150 (*taking up 58.4% of total donation of HK\$937,000 to the Foundation from OSCCF*) for supporting the hydrotherapy programme for two years from 2012 till 2014. This was a real encouragement for the Foundation, because not only was this public recognition and endorsement of its work, but also we could make use of the saved resources to develop and provide other needed programmes for the patients.

- f. *Arthritis Helpline and Arthritis Buddies Programme*: The Helpline service was first launched in 2010 to provide members of the public who needed help in rheumatic diseases information or psychosocial support. As reported previously, 16 patient Volunteers were selected by the Foundation to be trained in peer counseling and psychological support by professors from the Department of Psychology of the University of Hong Kong. They took turns in providing the service. When members of the public called the Helpline they would get in touch with one of these trained Volunteers for enquiry or sharing of experiences. When needed, and with the consent of the caller, a mentor's programme (Arthritis Buddy) would be introduced to provide a follow-up advice service in the coming three months with the Arthritis Buddy acting as a "friend". The service would be provided at no cost to the caller patients. If the mentor found that the patient might need more professional counselling service, the patient would be

referred to social workers of the Community Rehabilitation Network.

A total of 735 callers contacted the Helpline during the year, with an average call time of just under 5 minutes, and 21 of these callers joined the Arthritis Buddies scheme. 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. We also referred the patient callers to join the relevant arthritis Patients' Self-Help Groups, and many subsequently took part in activities organized by the Groups, as well as by the CRN and the Foundation.

New Programmes introduced during the year after the new Training Centre started operation:

Most arthritis patients suffer from chronic pain. They need to take medications as directed, but at the same time they also need to make changes to their daily habits, do regular exercises and learn other techniques to relieve their stress. With the opening of the new Training Centre, the Foundation was able to launch new and more regular programmes to help patients learn self-management skills to care for their diseases and improve their quality of life. These programmes reinforced the Foundation's long term objective of enabling patients to be better equipped for self-care:

- g. Physiotherapy Exercises Training Programme: These are classes conducted in the Foundation's new Centre one evening per week for arthritis patients, and a physiotherapist is engaged to provide appropriate exercises training in small classes each for about 10 patients, again for promoting their health conditions and for promoting patients' self-management in their own rehabilitation. Each class consists of 6 lessons and patients are charged a total of HK\$180 (i.e.HK\$30 per lesson) for each class.

Most patients suffering from joint pain would tend to avoid doing exercises but lack of exercises would in actual fact aggravate the stiffness and degeneration of the joints. Hence the hydrotherapy programme was so popular with the patients as exercises in the pool did help them to move about much more freely and comfortably. For patients who for various reasons could not join the hydrotherapy classes, the Foundation introduced this land exercise training programme to encourage the patients not only to do more regular exercises, but to do more exercises specifically to improve their individual joint conditions. As the classes were small, the physiotherapists would be able to teach individual patients some special exercises and techniques suitable for their special joint conditions.

The programme was first started in September 2012 and a total of 10 classes for a total of 80 attendances by patients were conducted during the year. Exercise equipment and aids suitable for patients' therapy were purchased and installed in the Centre.

As the lessons became more popular, we would be looking into the possibility of providing more classes, and whether some lessons could be conducted in the afternoon, to meet growing demand.

- h. Occupational Therapy Assessment and Consultation Services Programme: This is a special temporary OT service provided on a trial basis by the Foundation starting from September, 2012. For two evenings a month the Foundation will engage an occupational therapist to provide patients, especially patients with rheumatoid arthritis, needing more urgent OT assessment or consultation to improve or protect their worsening joint conditions.

Occupational therapy is important to arthritis patients as most of them suffer from joints problem. However, there is a service gap in the public medical system as patients usually need to wait 4 to 6 months for the OT service. This temporary consultation service was to help arthritis patients obtain more timely advice to improve the joints condition earlier.

Needy patients were charged a modest HK\$50 to attend a session with the OT, when the attending Occupational Therapists would assess the patient's individual joint conditions and provide suggestions on joint protection and teach them how to use adaptive equipment and skills to improve daily living. Also, they could recommend or tailor-make some aides such as splints in the Centre to help patients protect their joints.

A total of 26 sessions were arranged during the year for 16 patients.

- i. Hypnotherapy Programme: This is a programme intended to help patients suffering from constant pain to learn self-hypnosis skills to manage their chronic conditions and reduce their chronic pain.

Hypnotherapy has been used since the 19th century as a psychological counseling technique to help pain management. Self-hypnosis can enhance a sense of control, which is often lacking when someone has a chronic illness. A qualified Hypnotherapist from the Hong Kong Psycho-Hypnotherapy Foundation will be engaged as Instructor to teach patients self-regulation and self-hypnosis skills. During hypnosis, the patient's body relaxes and the patient's thoughts will become more focused. Patients who have learned the skill can manage their chronic condition better and thus are able to improve the quality of their lives.

Each class of 4 sessions for a maximum of ten patients had been conducted since October 2012 in the new Centre. The sessions would be held in the evening once weekly and each session would last for two hours. 5 classes had been conducted during the financial year and 38 patients from 5 Patient Self-Help Groups participated in the training.

The patients were charged a course fee HK\$300 for attending a class of 4 sessions, but to encourage active participation, 80% (HK\$240) of the course fee would be refunded to participating patients if they had attended 3 or more sessions of the course.

As with all training courses organized by the Foundation, CSSA recipients would only pay 50% of any course fees.

- j. Art Therapy Programme: This is a therapy workshop introduced by the Foundation as a means to encourage self-healing to improve a patient's general well-being.

Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. The Art Therapy Workshop was conducted in small groups and enabled the participating patients to use different art media to express themselves, to relieve their emotions, and to relax themselves. The learned skills can be used in the patient's daily life to reach the goal of self-healing.

The programme was started in November 2012 and patients could either join the Walk-in Open Studio for free, or the Group Training Workshop for a course fee of HK\$300. Each course would cover 6 weekly sessions, each lasting for 2 hours. Again to encourage active participation, 80% (HK\$240) of the course fee would be refunded to participating patients if

they had attended 4 or more sessions of the course.

20 patients participated in the Open Studio with 8 sessions organized during the year, and 14 in 2 Workshops.

While the Foundation is providing programmes to directly help patients in need, to help arthritis patients live a full and active life with quality, we considered it more important for our work to help our patients understand their conditions and learn more about how to manage it both medically and non-medically. Besides providing them with programmes to encourage them to take up exercises and physical activities in the self-management and self-rehabilitation of their diseases, we tried to make it easier for them to take up such activities by conducting these programmes in the comfortable company of other patients. Together they could provide mutual support and patients could learn to speak up and share their valuable experience in coping and fighting with their ailments. We strongly believed that this sharing process would instill more self-confidence in the patients and would provide better understanding and long-lasting benefits in their battle with arthritis. Also patients would derive satisfaction when they found out they were also able to help others. Together with 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 we organized activities for the patients to participate in, and encouraged them to become volunteers to provide mutual help for other patients. We housed the offices of some of these Patient Self-Help Groups under the same roof of the Foundation so that we could encourage more of their members to come to the new Centre for social activities, and to make use of the Resource Library and other facilities of the Centre.

### **Educating the Public and the Patients**

6. While there is no actual statistics available, it is estimated that about 20% of the population have arthritis diseases in one form or another and that over 50% of these patients are of working age. This means that about 1.4 million people are suffering from the diseases and 1 out of 10 of these patients are of working age. Children can also suffer from autoimmune rheumatic diseases and it is estimated that 1 in 1,000 children suffered from these conditions. The prevalence of the diseases is costing multi-million dollars a year in healthcare costs, plus millions of working days lost, and in more severe cases has also resulted in loss of careers, health, dreams, relationships, independence and mobility.

7. It becomes apparent that promoting 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. So, education of the public as well as the patients is another major role of the Foundation. On this front, the Foundation has carried out the following programmes during the year:

- a. *Free Public Education Talks*: These are talks given by specialist doctors on various subjects of arthritis and rheumatism, held in major public venues in different districts of Hong Kong, and any members of the public can register and attend free of charge. Often, during these talks, one or two volunteer patients who had suffered from the same disease of the subject talk will be invited by the Foundation to attend with the speakers to share their experience with the audience. When appropriate, physiotherapists will also be invited to attend these talks to demonstrate suitable exercises for the patients.

11 public talks on the subjects of Rheumatoid Arthritis (RA), Psoriatic Arthritis, Gout,

Systemic Lupus Erythematosus (SLE), Ankylosing Spondylitis (AS), Osteoarthritis (OA), and Joint Surgery and Replacement had been held during the year, with a total attendance of 1308 audience. 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 categories so that more members of the public could receive accurate information about the diseases.

- b. *International Arthritis Day Carnival*: The Foundation annually organized a major Carnival for the public in October to promote the World Arthritis Day. The Carnival would be organized in major shopping malls in different locations of Hong Kong each year so as to reach more Hong Kong citizens in different districts. At the Carnival, educational game booths would be set up, each run and manned by volunteers of the six major rheumatic diseases Patients Self-Help Groups. Additional Booths would also be set up for physiotherapist, occupational therapist and the Community Rehabilitation Network to provide health check and therapy information. A stage would also be set up to provide entertaining performances, educational talks and exercise demonstrations to enable shoppers and members of the public to join in the fun and absorb information on the arthritis diseases and their care.

The 2012 IAD 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. Mr. Chan Iu-sing, SBS, JP, Chairman of Tsuen Wan District Council and Dr. Nancy Tung, the Cluster Chief Executive of the Kowloon West Cluster of hospitals officiated at the event. More than 3,000 participants turned up for the event. The total expenditure for the event was \$73,492.10 while a total sponsorship of HK\$90,000.00 was collected, recording a surplus of \$16,507.90.

The Chairman of the Tsuen Wan District Council, Mr. Chan Iu-Sing, SBS, JP, who officiated at the opening of this year's Carnival, is a long-time friend of the Foundation and has been supporting the Foundation by making and donating special T-shirts to the Foundation on a number of occasions including the 10<sup>th</sup> Anniversary. We are extremely grateful for his generous support.

- c. *Patients Conference, 2012*: The Foundation had held in the past two Patient Conferences aiming at promoting more detailed, in-depth and most up-to-date information on dealing with Rheumatic diseases. This was usually co-organized with the Community Rehabilitation Network of the Hong Kong Society for Rehabilitation, and special speakers were invited to deliver key-note speeches, followed by a series of concurrent seminars presented by doctors and professionals on various topics of interests for the patients to select to attend.

On 22 July, 2012, the Foundation organized its third full-day Arthritis Patients Conference, with the theme of "Arthritis Treatment Treasure Box", at the Cheng Yu Tung Building, Chinese University of Hong Kong, Sha Tin. The Conference was officially opened by Dr. Ko Wing-man, Secretary of Food and Health, Prof. Tam Lai-shan, President of The Hong Kong Society of Rheumatology, Prof. Lau Chak-sing, Honorary President of the Foundation and Mr. Ng Hang-sau, Chief Executive Officer of Hong Kong Society for Rehabilitation. A total of 13 concurrent seminar sessions separated into 4 Series were held with a total 338 registered participants.

Participants had to pay a registration fee of HK\$40 to take part in the Conference, but lunch in a nearby Chinese University restaurant was provided. The Foundation managed to obtain a total of HK\$210,000 in sponsorship for the event, and together with the total registration fees of HK\$13,580 collected, we managed to have a surplus of HK\$133,425.40 after expenses of



HK\$90,154.60.

It is significant that Dr Ko Wing Man, Secretary for Food and Health of the Hong Kong SAR Government, accepted the Foundation's invitation to officiate at both this Patients Conference and subsequently at the Foundation's Headquarters official opening. This signified the Government's recognition, endorsement and support of the role and work of the Foundation in the rehabilitation of patients with arthritis and rheumatism. This undoubtedly added an encouragement for the Foundation to continue its efforts to create a healthier Hong Kong.

- d. *TV and MTR Advertising:* As most rheumatic and arthritis diseases are not immediately life threatening, and many patients do not get the right diagnosis during the diseases' initial attack, or consult their doctors rather late, the patients could have lost the golden opportunity to treat their diseases during their early onset, and as a result might suffer from some irreversible damages to their body, joints, functions, and even mobility. Repeatedly drawing attention to the possible harm of the diseases, and urging patients to get early medical attention, are therefore important messages for the public.

The Foundation therefore produced during the year 3 TV infotainment videos, each with a specific theme on RA, PsA and AS, for the purpose of using them as advertising videos to be telecast on public TVs in Hong Kong to promote awareness of these rheumatic diseases. These videos were repeatedly shown on the public TV screens between April and June, 2012. Subsequently, the Foundation successfully applied for these videos to be aired on free government TV airtime and they were shown on TVB and ATV channels during prime time from September 2012 to August 2013.

The Foundation also managed to obtain from the MTR Corporation Ltd. 100 free advertising spaces in various MTR stations from 25 May to 8 June 2012 to mount large advertising panels to get the message across to MTR travelling passengers to beware of the rheumatic diseases. The popular singer, Siu Ming (Dr. David Lee Ka-yan, who is also an Executive Committee Member of the Foundation) appeared with Master Alfred Tang in the advertisement to educate the public that everyone, including children, could suffer from rheumatic diseases and that they should get early treatment of the diseases to alleviate the chance of disability.

We strongly believe that gradually building up the Foundation's profile and visibility is an important strategy for enabling the future continuous development of the Foundation.

- e. *Foundation Website* [www.hkarf.org](http://www.hkarf.org): The Foundation's website had been completely revamped to provide up-to-date news on the activities of the Foundation and information on all common rheumatic diseases. Besides English, two versions in Chinese were available, in either traditional or simplified Chinese characters, to facilitate readers in Mainland China to obtain the necessary information on the diseases.
- f. *Publications and Videos:* The Foundation published two regular bi-annual Newsletters, one for the general public and the other for healthcare professionals. From time to time, videos and printed booklets were also produced on specific diseases for sale or public distribution.

During the year, two issues of the bi-annual Foundation Newsletter “Arthritis Care” were published in June 2012 and December 2012 respectively. These Newsletters covered news of the Foundation, latest 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, to keep them abreast of the work of the Foundation.

“CHARM”, a topic-focused medical bulletin for healthcare professionals, representing CARE, HEALTH and ARTHRITIS and RHEUMATISM MANAGEMENT, had been produced since February 2009 and 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. Two issues were published, in July 2012 and May 2013 respectively.

- g. *Media Interviews and Press Conferences*: From time to time, both the electronic media and the printed media would invite the Foundation to arrange for suitable doctors and patient volunteers to be interviewed. Opportunity would be taken to use the interviews to explain the various diseases and the need for early treatment, and where appropriate to publicize the Foundation’s Arthritis Helpline and forthcoming programmes and activities.
- h. *Book Publication ”風濕病全面睇”*: The Foundation took the opportunity of its 10<sup>th</sup> anniversary celebrations and published a book in Chinese, entitled ”風濕病全面睇” (“Know More About Rheumatism”) in June 2012, The book included exclusive interviews with doctors, patients and their families, and fully explained the types, symptoms and treatment of eight common rheumatic diseases: ankylosing spondylitis (AS), systemic lupus erythematosus (SLE), osteoarthritis (OA), gout, arthritic diseases in children, rheumatoid arthritis (RA), psoriatic arthritis (PSA), and osteoporosis.

In each chapter of the book, a specialty doctor would explain in detail about one of the diseases and patients would share their stories in its fight. To raise public interest and concern, some celebrities’ stories were included. For example, the daughter of popular actress Ms Nancy Sit Ka-yin suffered from pediatric rheumatology and Ms Sit shared about her worries as a mother; the famous Kung-fu actor, Mr. Eric Wan Tin-chiu, suffered from rheumatoid arthritis and he shared his story about not being able to work as an action actor due to the illness; Rheumatoid arthritis brought havoc to former Miss Hong Kong Ms Maria Chung Wai-bing, but it inspired her to cherish her family and time.

The cost of production of the book, HK\$144,434.50, was covered by sponsorship, and a surplus of HK\$85,565.50 was recorded for the project. It is available for sale in all major bookstores in Hong Kong.

### **Enhancing Mutual Help and Self Help**

8. I have reported earlier on the programmes the Foundation had organized for patients to enhance their sense of responsibility in the self-management of their diseases. I have also related about how the Foundation had encouraged patients to join Patient Self-Help Groups, and to lead an active social life by participating in activities organized by the Groups and by the Foundation. We encourage patients to become volunteers to serve other patients with similar ailments because

we believe that the patients, through working as volunteers, would build up more confidence and would find their life much more meaningful and rewarding. By joining various activities, the life of the patients would be enriched as they make new friends and become more active in their social life again. The quality of their lives would be much improved. By helping others they would also be helping themselves.

- a. *Developing Patient Volunteers*: The Foundation therefore placed great importance in the development and training of Patient Volunteers, who would become important assets of the Foundation. Patients 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. They took turns to help man our Arthritis Helpline and act as Arthritis Buddies to provide peer support to the other patients in need.
- b. *HKARF Ambassadors*: The Foundation treasured and publicly recognized the service of the active volunteers and selected a number of outstanding members with exemplary service as HKARF Ambassadors. All Foundation Ambassador had gone through the painful processes of fighting with arthritis, and now while some might not have fully recovered from their disabilities, all had built up confidence 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 through self-help and mutual-help, 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.

As a form of reward and experience, the third batch of HKARF Ambassadors selected in the summer of 2011 together with one of their family members were invited by the Foundation in September, 2012 to a study tour of Guangzhou's Zhungshan University Third Hospital and Shenzhen's Hospital for Arthritis Patients and exchanged their experiences both as patients and as volunteers in Patient Self-Help Groups at a special patients meeting held during their visit.

The expense for the visit was HK\$13,860, but the value of the experience gained far exceeded the costs. The study visit was not only an eye-opening experience for both the Ambassadors and the patients in China, but it also helped the Foundation build up the relationship with rheumatic professors in China. It enabled the Foundation to exchange its experience of helping patients with doctors and patients in China, and hopefully a model of mutual-help and self-help could also be developed in China.

- c. *Helping Development of Mutual-Help in China*: One of the objectives of the Foundation is to work with other related organizations from home and abroad to promote the objectives of the Foundation.

During the study visit to Guangzhou, patients in China expressed their desire to learn more about the help the para-medical professionals could provide and also about patients' mutual-help. As most of the patients who attended the meeting of patients during the visit were AS patients, and as many members including the Chairman of the Hong Kong AS Patient Self-Help Group joined the visit, a strong bond had been forged between the two groups of patients. The Foundation also found that patients in China were very interested in self-management skills and so, together with the AS Patient Self-Help Group, subsequently organized a small-scale patient conference in Guangzhou for the patients in China on 26 May 2013. A physiotherapist, an occupational therapist and a group of AS patients went up to Guangzhou

to act as speakers to share the knowledge of joints protection, home exercises and disease self-management. The participants expressed their gratitude to the Foundation as they had little knowledge of this kind of information before. The Foundation would be more than happy to help pass on its experience, and discussions for another larger scale Patient Conference for the patients in China, to be held in Shenzhen, had started.

### **Tapping Resources**

9. The Foundation relied solely on public donations and corporate sponsorship to support its annual recurrent expenditure of around HK\$2 Million. However, the Foundation's Net Assets only amounted to about HK\$3.7 Million. In past years, one or two major fund-raising functions such as Charity Dinners, Concerts and Flag Day had been organized to raise funds to support its operation. The Foundation had also been fortunate enough to have obtained generous support from corporations, particularly pharmaceutical companies, to support a number of its programmes. But as the Foundation further developed, and took up its operation in the new office, and as more and more new programmes were introduced for patients, it would need additional funding and would probably need to have more staffing support. Thus the Foundation had to look out for more donations from other charitable funds to sustain its continuous development.

10. In the renovation and furnishing of the Foundation's new Centre and Office, we were so grateful to have obtained the generous donation of HK\$1.6 Million from the Hong Kong Jockey Club Charities Trust to support the needed capital expenses. Two years ago we also successfully obtained a generous donation of HK\$937,000 from the Operation Santa Claus Charitable Fund to support our hydrotherapy programmes and other new patients' training programmes in the new Centre. As the work of the Foundation became more visible and better recognized, and endorsed and supported by the Hospital Authority and Government Bureaux, we hope to find and attract more and more funding support from business corporations and other funding organizations for both our proven and innovative programmes for arthritis patients. The Foundation will actively tap on these potential resources to enhance its future work.

### **Prudent Investment and Thrifty Expenditure**

11. While it seemed that our expenditure was substantial in terms of our size, the Foundation had been extremely prudent in its spending, and in its investment of surplus cash to generate dividend income and long term capital gain.

12. Only two full-time and one part-time staff were engaged during the year to run all the Foundation's programmes enumerated in this Report. They would be helped by patient volunteers. The expenditure on Personal Emoluments, amounting to about HK\$0.5 million, accounted for 25.4% of the total operating expenses of the Foundation. All Executive Committee Members are volunteers and receive no remuneration. In fact they shared to pay for all the expenses on drinks and refreshments provided at all Committee meetings themselves. Most of the patient volunteers often worked for free, while some who worked for longer hours in a project would be given a modest allowance to cover their meals and travelling expenses. The Foundation is extremely prudent and thrifty in its spending.

13. With the surplus cash held, the Foundation had purchased a total of 35,000 shares of Tracker Fund of Hong Kong (2800) at an average price of HK\$21.35 in 2011 and has been holding these shares since then. Hopefully, this investment would yield a potential minimum return of

HK\$100,000 at 13 December, 2013 market price of HK\$23.45 and taking into account the dividends received so far.

### **Vote of Thanks**

14. In closing I must express my heartfelt appreciation for the unfailing support and relentless commitment of all my fellow Executive Committee Members, and Members of all the various Committees, without whose brilliant ideas and dedication many of the innovative projects for the welfare of Hong Kong's rheumatism and arthritis community would not have come to fruition. The invaluable support and wise counsel of our Hon Presidents, Hon Advisors and the numerous rheumatology and orthopaedics specialists and doctors in the two Universities and various Hospitals have of course been instrumental for making our work so much easier. To all of them I am forever grateful.

15. I am also indebted to all the Volunteers, staff of the Community Rehabilitation Network, and particularly all the Chairmen and Officers of the six Arthritis Patients Self-Help Groups, who have given me constant inspirations and provided enormous and unfailing support to the Foundation. Words can hardly express my gratitude to them.

16. Of course, on behalf of the Foundation and all the patients with arthritis and rheumatism, I wish to thank most sincerely all the donors and corporations for their generous donations and sponsorships in support of our programmes and initiatives. Their generous contributions and continued support have made all the difference to the lives of many of our patients.

17. Of course I have to pay a special tribute to our Executive Officer, Ms Den Law, for her hard work and support throughout the last six years. I am particularly impressed with her loyalty and dedication, and her ability to plan and execute the many programmes undertaken by the Foundation with precision and perfection. She had been able to cultivate and motivate a team of devoted patient volunteers, and led her small team of staff to deliver the Foundation's services with great success, even at a pressing time when she transformed herself from a beautiful lady to become a loving mother. I am very privileged to have her support.

18. It has indeed been my great pleasure to have served the Foundation during the last six critical years of its growth from a child to a teenager. I am proud to have taken part in its development from a tiny office in Lam Tin to having its own office and Patients' Centre in Shum Shui Po, and to be able to help patients with suitable programmes good for their health and great for enhancing the quality of their lives. I value especially working together with my team of colleagues in the Executive Committee to make all this possible. They have been the driving force to make the Foundation realize the many innovative programmes initiated during these years. However, the Committee is fully aware of the need for a bigger and stronger team support in the future to further develop the Foundation and to further expand and enrich its services, and a proposal has therefore been put in the agenda of the 2013 Annual General Meeting for consideration to expand the Membership of the Executive Committee. I am confident that the Foundation will continue to grow from strength to strength and be able to continue helping enrich the life of people with arthritis and creating a healthy future for our next generations. My best wishes will always be with the Foundation and all the patients!

**Yau Po-wing, David**  
**Chairman**

## **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**

Mrs. Linda **LAU**

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 (2012-13):**

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**

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)  
Ms Pauline **Yip** (1 June 2012 – 30 November 2012)
- Programme Officer** Ms Milly **Wong** (3 December 2012 – 31 July 2013)
- 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 2012 to 31 March, 2013**

### **Report of the 10<sup>th</sup> Anniversary Celebration Committee (2012-2013)**

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

Convener: Dr. Chan Tak-hin  
Members: Ms. Camilla Chan  
Mr. Chan Kar-lok  
Mr. Yau Po-wing, David

The 10<sup>th</sup> Anniversary Celebration Committee was formed in the previous year to organize various activities to celebrate the Foundation's ten years of service to Hong Kong. The following were completed successfully during the year, marking a very important milestone in the history of the Foundation.

#### 1) **Book publishing – “Know more about Rheumatism”**

The book “Know More About Rheumatism” (風濕病全面睇) was published in June 2012, which included exclusive interviews with the doctors, patients and their families to fully explain the types, symptoms and treatment of rheumatism, especially analysis of eight common rheumatic disease, including ankylosing spondylitis (AS), systemic lupus erythematosus (SLE), osteoarthritis (OA), gout, arthritic diseases in children, rheumatoid arthritis (RA), psoriatic arthritis (PSA), and osteoporosis. A specialty doctor explained in detail the information about the disease and patients shared their stories in each chapter.

In order to raise the public concern, some celebrities' stories were included. For example, the daughter of Ms Nancy Sit suffered from pediatric rheumatology and Ms Sit shared about the worries as a mother; Mr. Eric Wan suffered from rheumatoid arthritis and his story about not able to work as an action actor due to the illness; Rheumatoid arthritis caused Ms Maria Chung's life a lot of inconvenience, but it inspired her to cherish family and time.

The total expenditure for the project was \$144,434.50 while a total sponsorship of HK\$230,000.00 was collected. A surplus of \$85,565.50 was recorded for the project.

The book is available for sale in all major bookstores in Hong Kong.

#### 2) **HKARF Jockey Club Patient Resource and Training Centre**

The HKARF Jockey Club Patient Resource and Training Centre completed its renovation works and started operation in May 2012. The centre's renovation was supported by a donation of HK\$1,650,000 from The Hong Kong Jockey Club Charities Trust, and in recognition of this generous contribution the centre was formally named after the Jockey Club as "Hong Kong Arthritis & Rheumatism Foundation Jockey Club Patient Resource and Training Centre".



The centre was officially opened on 20 October 2012 by Dr Ko Wing-man, the Secretary for Food and Health and by Mr. Douglas So, the Jockey Club's Executive Director, Charities. Ms Carol Chan and Mr. John Sin, the two HKARF Ambassadors, shared their experiences at the ceremony.

With an area of 1,400 sq ft, the Centre is able to provide comprehensive services to patients, their carers and the general public through the offices of HKARF. There is a resource library with a good collection of books, videos and educational materials regarding health and exercises in general, and arthritis and rheumatism in particular, and a comfortable reading area that is open to the general public during the operation hours of the centre. It also has two training and activity rooms to provide much needed venues for patients' activities, volunteers training, educational talks and programmes for physiotherapy and occupational therapy training and exercise classes, as well as meeting rooms for the Foundation's various committees and for the Patients self-help groups. Besides, educational workshops and seminars were organized in the Centre for patients and the general public.

In order to better utilize the resource, the arthritis patient self-help groups were invited to move to work in the centre as their offices and so the public as well as new patients could obtain any arthritis related information from a central hub. The Hong Kong Psoriatic Arthritis Association, the Hong Kong Ankylosing Spondylitis Association and the Hong Kong Rheumatoid Arthritis Association moved to work from the centre and other patients' self-help groups also organized many of their activities using the centre's activity and training rooms.

## Report of the Patients Support Committee (2012-2013)

### Membership of the Committee

Convener: Dr. Chan Tak-hin  
Members: Ms. Chan King-chu  
Ms. Christine Leung  
Ms. Kristan Leung  
Ms. Ng Wing-ye, Elsa  
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 to purchase self-financed drugs prescribed by HA 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. Clinicians also 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 Expensive Drug Support Scheme.

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

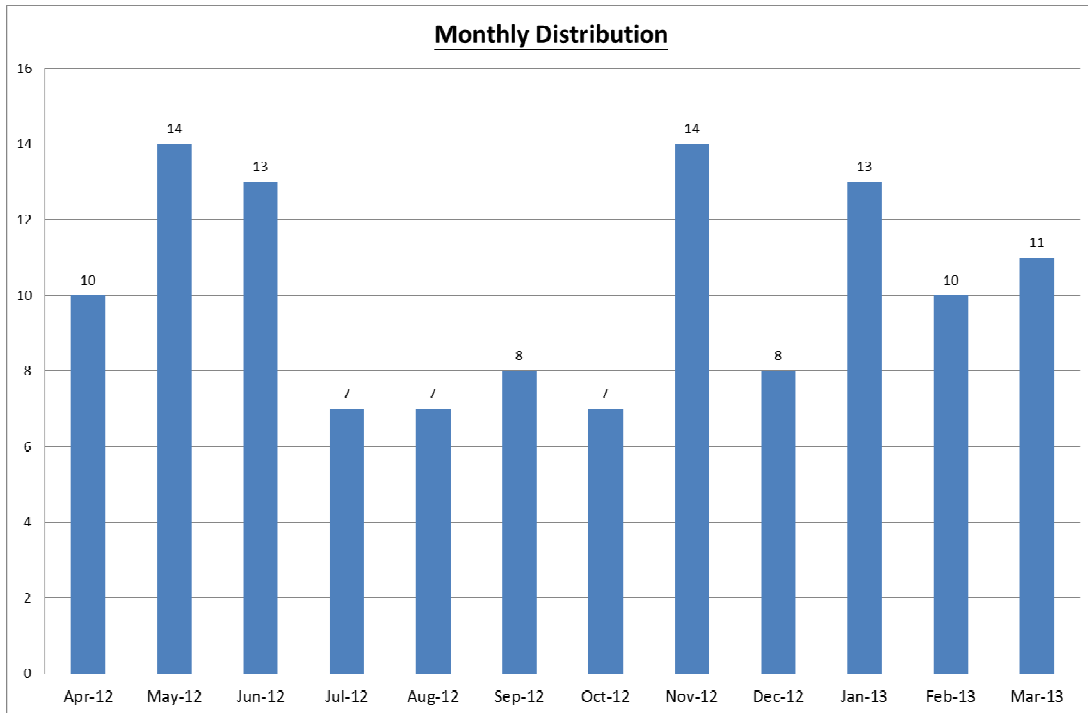
Other than continuing with the popular hydrotherapy programmes, the Foundation held Physiotherapy Exercise classes, and provided regular individual consultation and assessment sessions by Occupational Therapist to help patients improve their chronic condition. Besides, psychological therapy served an important role to relieve and release the pressure of the patients and so hypnotherapy classes and art therapy classes were held for patients during the year in the new centre..

#### 1.1 Patient Support Fund

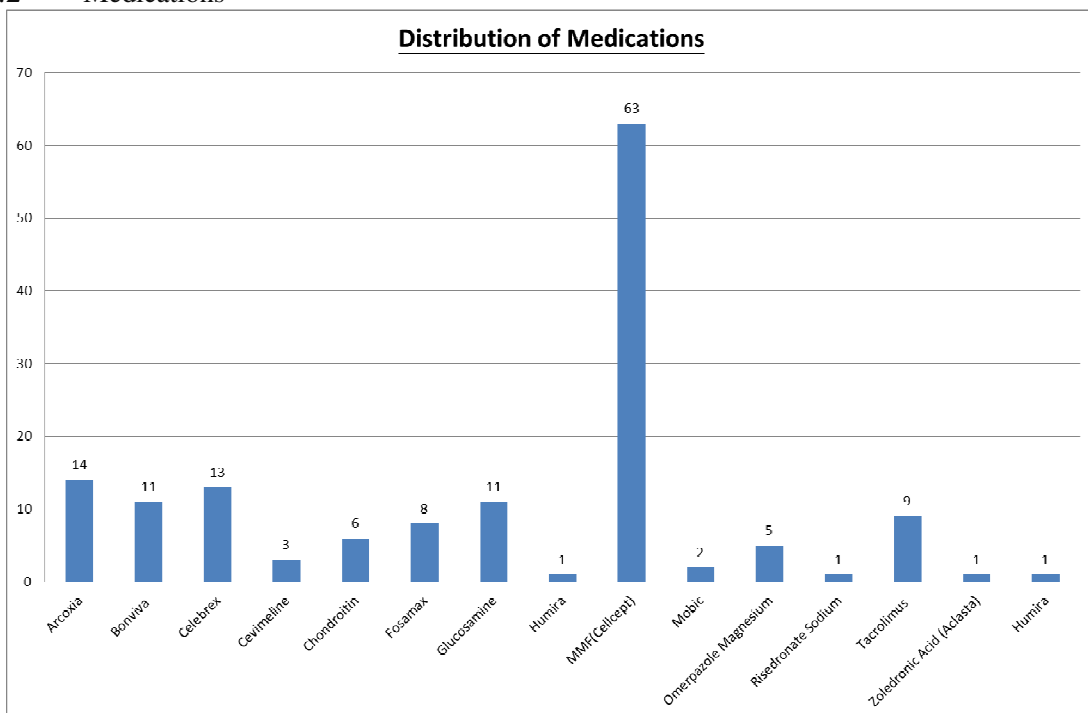
The aim of the Patient Support Fund is to provide financial assistance to needy patients to procure medications, including non-government subsidized medications, to purchase devices for arthritis rehabilitation, and to arrange for necessary home modifications. The applicant must be a Hong Kong resident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

##### 1.1.1 Total approved applications and amount from **1 April 2012 to 31 March 2013:**

<b>Total number of application received:</b>	<b>123</b>	Approved:	122
		Rejected:	1
<b>Total amount:</b>		<b>HK\$ 210,175.00</b>	
<b>Total no. of patients benefited:</b>		<b>44 (17 new patients)</b>	



### 1.1.2 Medications



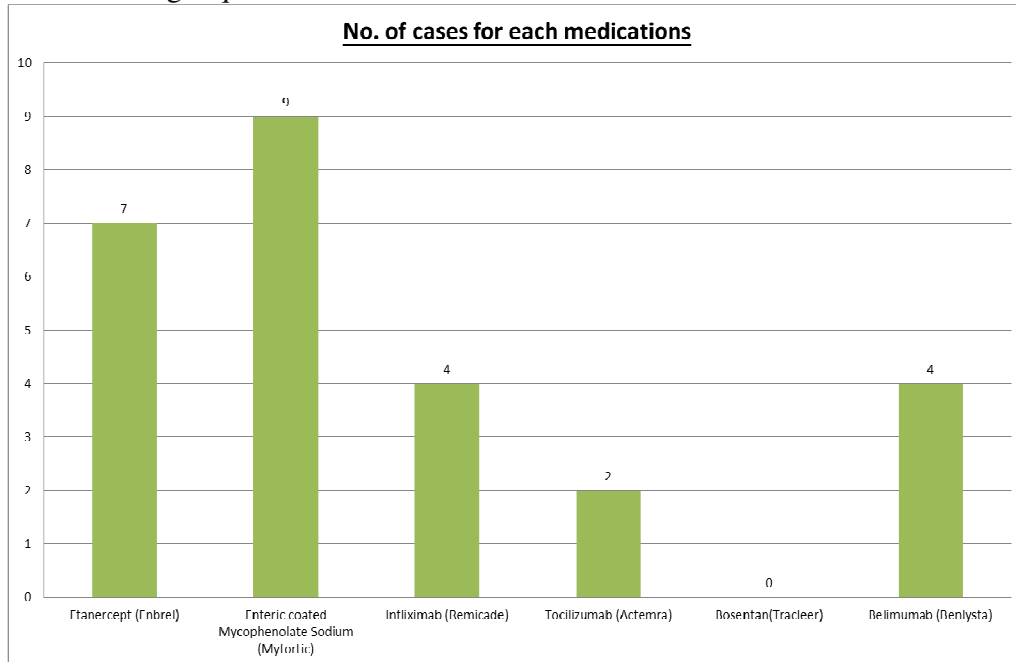
## 1.2 Expensive Drug Support Scheme

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 through the provision of additional drugs as a bonus. No direct subsidies were provided by the Foundation. 2 new drugs joined the scheme and the ADFR (Annual Disposable Financial Resources) limit of existing drugs was renewed to offer more discount to the patients. The 6 drugs under the scheme were listed below:

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

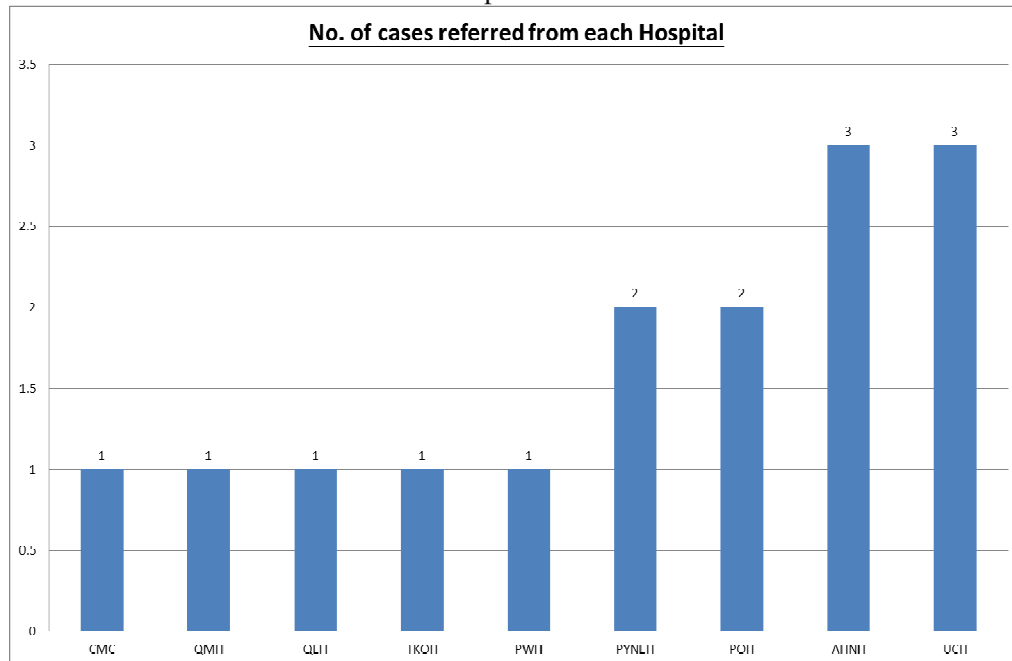
1.2.1 Total number of applications received from **1 April 2012 to 31 March 2013**:  
**Total number of application received: 26** Approved: 26

1.2.2 Drug required and financial level:



Level	ADFR Range	Number of Cases
Level 1 (1 bonus drug to purchase of 1)	ADFR < \$150,000	3
Level 2 (1 bonus drug to purchase of 2)	ADFR between \$150,001 to \$300,000	0
Level 3 (1 bonus drug to purchase of 3)	ADFR between \$300,001 to \$500,000	4

1.2.3 No. of cases referred from each hospital:



### 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 2012 to 31 March 2013:**

Number of application received:	1	Approved:	1
		<u>Support Amount</u>	
EF#014 (Ms KO) applied for daily expense		HK\$	5,000.00
	<b>Total:</b>	<b>HK\$</b>	<b>5,000.00</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 2012 to 31 March 2013**

Total number of applications received:	5		
	Approved:	5	
		<u>Support Amount</u>	
HK AS Association		HK\$	1,500.00
B27 Association		HK\$	1,500.00
HK Paediatric Rheumatism Association		HK\$	4,900.00
HK Lupus Association		HK\$	5,000.00
HK AS Association		HK\$	3,500.00
	<b>Total:</b>	<b>HK\$</b>	<b>16,400.00</b>

### 1.5 Psychosocial Programme – Arthritis Buddy Helpline

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

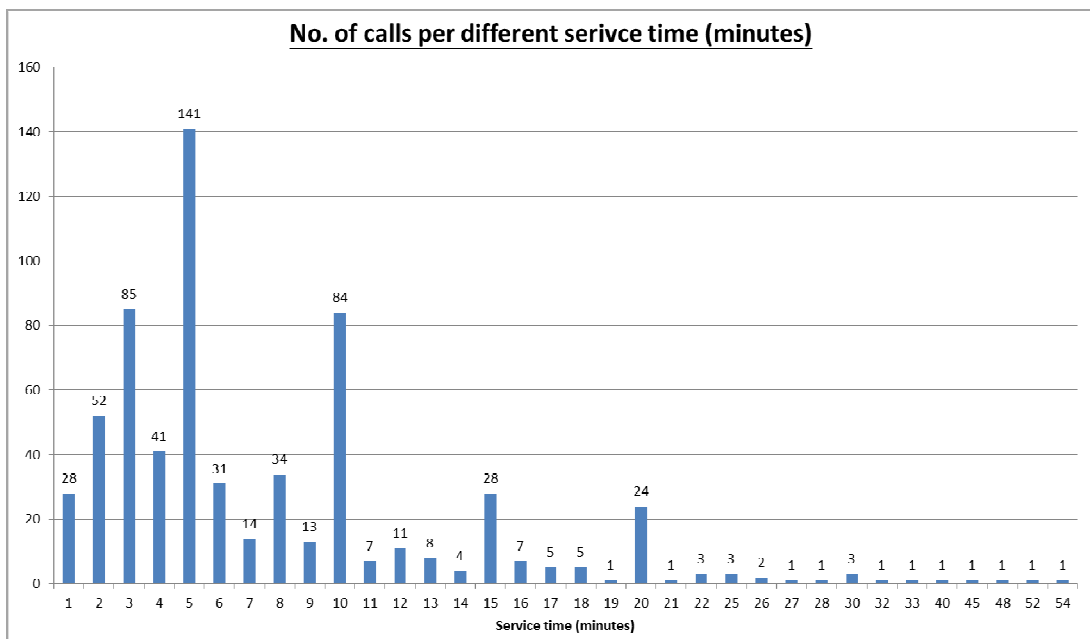
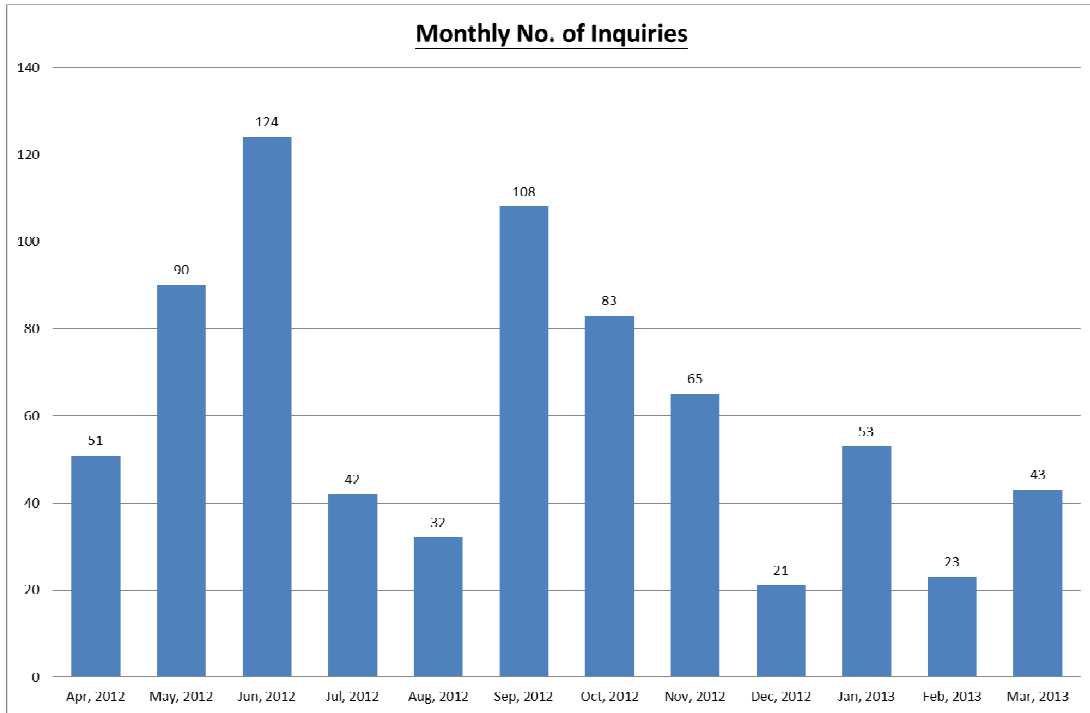
After the promotion including TV infotainment and MTR station advertisement, the number of calls received was hugely increased last year (340%). Also, as the HKARF Jockey Club Patient Resource and Training Centre was opened in October 2012, the Foundation could provide more courses and service to the patients to meet their need. Most callers found that the volunteers could provide useful information about arthritis diseases and their experience could really help them understand more about the diseases' treatment and help release the stress when facing the diseases.

Report on the Arthritis Helpline **from 1 April 2012 to 31 March 2013:**

Total number of incoming calls:	735
Joined “Arthritis Buddy” programme:	21
Average service time for each call:	4.72 mins

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

Patients groups and other organization:	40
Hydrotherapy class:	5
Disease information:	443
Pour out to volunteers:	44
Financial Support:	13
Rheumatoid Specialists:	143
Drugs:	54
Other:	114



## 1.6 Hydrotherapy Programme

The HKARF recognized the benefits of water exercise for improving the joint health of the patients and therefore launched the hydrotherapy programme for the patients referred by rheumatic doctors and 5 Patient Self-Help Groups. 8 classes per week each for about 11 patients were conducted under the supervision and training of qualified physiotherapists at the hydrotherapy pool of the Queen Elizabeth Hospital (QEH) and 2 classes per week at the Pamela Youde Nethersole Eastern Hospital (PYNEH). As the programme was popular and many patients benefited, the Foundation would expand the programme to other districts and also increase the number of classes in Kowloon.

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 this hydrotherapy programme for two years in 2012-14.

### Report of Hydrotherapy Programme 2012 from 1 January to 31 December 2012

Total number of days:	238	Total number of lessons:	476
Total number of attendances:	6,472	Total number of beneficiaries:	301

Total number of new referral cases:	125
No. number of participants joined 6 times:	28
No. number of participants joined 5 times:	36
No. number of participants joined 4 times:	21
No. number of participants joined 3 times:	44
No. number of participants joined 2 times:	50
No. number of participants joined 1 times:	122

#### Expenditure

Physiotherapists	HK\$163,900.00
Hydrotherapy pool rental	<u>HK\$183,200.00</u>
Sub-total:	HK\$347,100.00

#### Income

Participant fee	HK\$149,490.00
Operation Santa Claus Funding starting from late 2012	<u>HK\$168,700.00</u>
Sub-total:	HK\$318,190.00
<b>Deficit:</b>	<b>HK\$28,910.00</b>

### Hydrotherapy class referrals from 1 January to 31 March 2013

Total number of referral cases received:	61		
2012 Hydrotherapy Programme:			
Enrolled:	45	Enquired:	16
Phase 1:	28	Phase 2:	17
Phase 3:	3		
Choose QEH:	36	Choose PYNEH:	12

## 1.7 Other Training Programmes funded by Operation Santa Claus

### 1.7.1 PT Exercise Class

PT supervised Exercise Classes were conducted for patients in the new centre and **from 19 September 2012 to 31 March 2013:**

Total number of new referral cases: 66

Enrolled: 51                      Enquired: 15

Total number of attendances: 80

No. of participants of 2012 Class:

Phase 1 – class A	9	– class B	6
Phase 2 – class A	10	– class B	10
Phase 3 – class A	7	– class B	10

No. of participants of 2013 Class:

Phase 1 – class A	6	– class B	8
Phase 2 – class A	8	– class B	6

#### 1.7.2 OT Consultation Service

OT Consultation and Assessment Sessions were held for individual patients from **26 September 2012 to 31 March 2013:**

Total number of new referral cases: 20

Total Number of sessions served: 26

Enrolled: 16                      Enquired: 4

Total number of splints made: 19

Hand	Finger	Leg	Toe	Resting	Working
5	5	1	3	2	3

#### 1.7.3 Health Check Day

The first Health Check Day: **1 December 2012**

Total number of participants: 53

Items checked:

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

After checking the above 4 items, physiotherapist and dietitians would be in attendance to help explain the report. At the end, physiotherapist would teach the participants exercises suitable for their conditions.

#### 1.7.4 Hypnotherapy Classes

Hypnotherapy Classes were conducted for interested patients in groups from **31 October 2012 to 31 March 2013:**

The total number of participants: 38

The number of participants of each class for specific patient groups was listed as below:

HKASA (27/11/2012 – 18/12/2012):	10
B27 Association (31/10/2012 – 21/11/2012):	8
HKRAA (02/11/2012 – 23/11/2012):	5
HKLA (29/11/2012 – 20/12/2012):	10
HKPsAA (02/01/2013 – 23/01/2013):	5



### 1.7.5 Art Therapy Workshop

Art Therapy Workshop were conducted for patients from **15 November 2012 to 31 March 2013:**

- Open Studio –
- 1) The participants could walk in and join for free.
  - 2) Total sessions: 8
  - 3) Total number of participants: 20
- Group Sessions –
- 1) Total number of referral cases: 16
  - 2) Number of participants:  
Class A (8 Jan – 19 Feb 2013, Every Tue, 6:30pm – 9:30pm): 6  
Class B (26 Feb – 2 Apr 2013, Every Tue, 2:30pm – 4:30pm): 8

### **Total Allocations during the period 1 April 2012 – 31 March 2013**

	Approved Cases	Approved Amount
1. Patient Support Fund	122	HK\$ 210,175.00
2. Expensive Drug Support Scheme	26	
3. Emergency Fund	1	HK\$ 5,000.00
4. Activity Fund	5	HK\$ 16,400.00
5. Hydrotherapy program 2012 (PT fee ph1-3)		HK\$ 79,200.00
6. Hydrotherapy program 2012 (QE Pool rental – ph1-3)		HK\$ 82,400.00
7. Psycho-social Programme (Volunteers allowance)		HK\$ 3,060.00
		<b><u>HK\$ 396,235.00</u></b>

### **Income**

1. Hydrotherapy program 2011 participants' fee	HK\$ 9,360.00
2. Hydrotherapy program 2012 participants' fee (ph1-3)	HK\$ 63,450.00
	<b><u>HK\$ 72,810.00</u></b>
<b><u>Net Expense:</u></b>	<b><u>HK\$ 323,425.00</u></b>

### **Funding Support by OSC**

#### PT/OT Session Income: (Starting from September 2012)

1. OSC Funding FOR TWO YEARS	HK\$ 382,944.00
2. OSC – PT Class participants' fee	HK\$ 11,250.00
3. OSC – OT consultation fee	HK\$ 1,250.00
4. OSC – Hypnotherapy Group participants' fee	HK\$ 990.00
5. OSC – Art Therapy Group participants' fee	HK\$ 4,200.00
6. OSC – Reimbursement of purchase PT exercise equipment	HK\$ 3,375.00
	<b><u>HK\$ 404,009.00</u></b>

#### Expense:

1. OSC – Promotion	HK\$ 12,539.30
2. OSC – PT/OT Insurance	HK\$ 4,000.00
3. OSC – OT materials	HK\$ 1,037.00
4. OSC – PT equipment and materials	HK\$ 14,943.32
5. OSC – PT fee	HK\$ 13,860.00
6. OSC – Art therapy materials	HK\$ 3,941.52
7. OSC – Hypnotherapy materials	HK\$ 2,800.00
8. OSC – Health Check (PT fee and equipment)	HK\$ 18,800.00
9. OSC – PT exercise equipment for participants	HK\$ 7,288.00
	<b><u>HK\$ 79,209.14</u></b>
<b><u>Funding Remaining:</u></b>	<b><u>HK\$ 324,799.86</u></b>

Hydrotherapy Income: (Starting from July 2012)

1. OSC Funding FOR TWO YEARS	HK\$	547,150.00
2. OSC - Hydrotherapy program 2012 participants' fee (Ph 4-6)	HK\$	86,040.00
3. OSC - Hydrotherapy program 2013 participants' fee	HK\$	22,800.00
	<b>HK\$</b>	<b><u>655,990.00</u></b>

Expense:

10. OSC -Hydrotherapy program 2012 – Insurance	HK\$	3,000.00
11. OSC - Hydrotherapy program 2012 (PT fee Phase 4-6)	HK\$	84,700.00
12. OSC - Hydrotherapy program 2012 (Refund participants fee)	HK\$	480.00
13. OSC – Hydrotherapy program (Storage box at QE)	HK\$	95.90
	<b>HK\$</b>	<b><u>88,275.90</u></b>

**Funding Remaining: HK\$ 567,714.10**

(Note: Expenses for hiring of pools and PT service incurred during the year were settled after the financial year, and therefore were not accounted for in the accounts of 2012/2013)

## **Report of the Education Committee (2012-2013)**

### **Membership of the Committee**

Convener: Dr. Lee Ka Wing Gavin  
Members: Ms. Camilla Chan  
Ms. Patsy Chan  
Dr. Chan Tak Hin  
Dr. Cheng Hang-cheong  
Ms. Chow Kam-wah, Maggie  
Ms. Kwok Suet-Kei, Gladys  
Mr. Lam Wai-hung, Stephen  
Dr. Ma Kai-yiu  
Ms. Ng Mei-sum  
Ms. Judy Yu  
Dr. Yu Ka-lung, Carrel  
Mr. Yau Po-wing, David (Ex-officio)

### **Sub-committees:**

**Newsletter Sub-Committee**

**Website Sub-Committee**

#### **1) Patients Conference 2012**

Venue: Cheng Yu Tung Building, the Chinese University of Hong Kong

Number of sessions: 13

Number of participants: 338

Co-organized by the Foundation and the Community Rehabilitation Network (CRN), a full-day Arthritis Patients Conference 2012, with the theme of “Arthritis Treatment Treasure Box”, was held successfully at Cheng Yu Tung Building, CUHK, on 22 July 2012. The Conference aimed to promote awareness and better understanding of arthritis diseases among the general public, and to provide more detailed, in-depth, most up-to-date information on dealing with the diseases. Lunch was provided for registered participants.

The Opening Ceremony was officiated by Dr. Ko Wing-man, Secretary of Food and Health, Prof. Tam Lai-shan, President of The Hong Kong Society of Rheumatology, Prof. Lau Chak-sing, Honourable President of the Foundation and Mr. Ng Hang-sau, Chief Executive Officer of Hong Kong Society for Rehabilitation. It was followed by a total of 13 concurrent seminar sessions separated into 4 Series and participants had to choose the topics they were interested to attend.

The seminar topics were presented by medical professionals, as follows:

1st Series:

- |                              |   |
|------------------------------|---|
| 1) Biologics (Dr. Gavin Lee) | 2) Pain Killers (Dr. Daniel Ng)         |
| 3) DMARDs (Dr. Chan Tak-hin) | 4) Osteoporosis (Dr. Cheung Tak-cheong) |

2nd Series:

- 5) Exercise Demonstration (Ms. Kristo Shum)
- 6) Daily Care in Joint Protection (Ms. Kristan Leung)
- 7) Body Mind Spirit (Dr. Pamela Leung)

3rd Series:

- 8) Positive Psychology (Ms. Annie Chiang)
- 9) Music Therapy (Mr. Ng Wai-man)
- 10) Diet & Weight Control (Ms. Jenny Lau)

4th Series:

- 11) Art Therapy (Ms. Wendy Kou)
- 12) Acupressure in pain release (Dr. Danny Chan)
- 13) Self-image (Ms. Ivy So)

The total expenditure of the event was \$90,154.60 while sponsorships totaling HK\$210,000.00 was received. Including registration fees of HK\$13,580.00 collected from the participants, the event grossed a surplus of \$133,425.40.

2) **International Arthritis Day 2012 – Carnival**

To celebrate the 2012 International Arthritis Day, a Carnival was held at Citywalk Plaza at Tsuen Wan on 14 October, 2012. Mr. Chan Iu-sing, SBS, JP, Chairman of Tsuen Wan District Council and Dr. Nancy Tung, the Cluster Chief Executive of Kowloon West Cluster (KWC) attended the event as Guests of Honour. There were 6 game booths, 1 charity sale booth, 1 Information Counter, 1 booth for simple health check by CRN, 1 booth for Physiotherapy check and 1 booth for Occupational therapy information, and more than 3,000 participants turned up for the event. A series of talks on various arthritis diseases was held during the day of the Carnival. 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 \$73,492.10 while a total sponsorship of HK\$90,000.00 was collected. A surplus of \$16,507.90 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 2012-2013. 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 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) Gout Talk (2012 Season 2)  
Date: 30 June 2012  
Venue: Multi-function Hall, UG/F, YMCA of Hong Kong Beacon Centre Lifelong Learning Institute  
Speaker: Dr. Albert Young  
No. of participants: 100
- b) Systemic Lupus Erythematosus (SLE) Talk (2012 Season 3)  
Date: 11 August 2012  
Venue: Auditorium, 9/F, The Hong Kong Federation of Youth Groups Building  
Speaker: Dr. Ma Kai-yiu, Ms Gladys Kwok (nurse)

No. of participants: 119

- c) Osteoarthritis (OA) & Surgery Talk (2012 Season 4)  
Date: 3 November 2012  
Venue: Auditorium, 1/F, The Boys' & Girls' Clubs Association of Hong Kong  
Speaker: Dr. Amy Yung, Dr. Ng Tsz-pui  
No. of participants: 125
- d) Osteoarthritis (OA) & Exercise Talk (2012 Season 4)  
Date: 17 November 2012  
Venue: Hall of Breakthrough Centre  
Speaker: Dr. Kitty Kwok, Ms. Kristo Shum (PT)  
No. of participants: 140
- e) Psoriatic arthritis (PsA) and Exercise Talk (2013 Season 1)  
Date: 23 March 2013  
Venue: Hong Kong Federation of Youth Groups Building  
Speaker: Dr. Gavin Lee, Ms. Lavin Wong (PT)  
No. of participants: 110

### 3.2 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 6 talks were held during the year:

- a) Rheumatoid Arthritis (RA) Talk  
Date: 21 April 2012  
Venue: Sheraton Hong Kong Hotel  
Speaker: Dr. Chan Tak-hin, Ms Emily Kwan (PT), Mr. Walter Chu (TV artist)  
No. of participants: 120
- b) Psoriatic Arthritis (PsA) Talk  
Date: 16 June 2012  
Venue: Sheraton Hong Kong Hotel  
Speaker: Dr. Cheung Tak-cheong, Ms. Mary Hon (TV artist)  
No. of participants: 170
- c) Ankylosing Spondylitis (AS) Talk  
Date: 25 August 2012  
Venue: Assembly Hall, 4/F, YMCA of Hong Kong  
Speaker: Dr. Gavin Lee, Mr. NG Nai-kong (clinical psychologist),  
Mr. Law Lok-lam (TV artist)  
No. of participants: 170
- d) Rheumatoid Arthritis (RA) & Ankylosing Spondylitis (AS) Talk – Treat to target  
Date: 6 November 2012  
Venue: Auditorium, M/F, Hospital Authority Building  
Speaker: Dr. Yu Ka-lung, Dr. Chau Shuk-yi  
No. of participants: 56

- e) Systemic Lupus Erythematosus (SLE) Talk – Blood Test & Treat to target  
Date: 12 December 2012  
Venue: Lecture Hall of Hong Kong Science Museum  
Speaker: Dr. Gavin Lee  
No. of participants: 164
- f) Osteoarthritis (OA) Talk – Treatment & Drugs  
Date: 22 March 2013  
Venue: HKARF Jockey Club Patient Resource and Training Centre  
Speaker: Dr. Gavin Lee, Ms Anna Yung (pharmacist)  
No. of participants: 34

4) **TV Infotainment – RA, PsA & AS**

Three TV infotainment videos each with a specific theme on RA, PsA and AS were produced at the end of 2011 with the sponsorship by Pfizer Corporation Hong Kong Ltd. These videos were produced as advertising videos and shown on public TVs in Hong Kong to promote awareness of these rheumatic diseases. The first video on RA was telecasted in April 2012 while the PsA one and AS one were telecasted in May and June 2012 respectively. After those periods, the Foundation also applied successfully for free government TV airtime to broadcast these infotainment videos on free public TV channels in order to reach more public and educate them about these three diseases. The period of re-broadcasting the infotainment through government airtime was from September 2012 to August 2013.

5) **MTR advertisement**

MTR Corporation Ltd. provided 100 advertisement spaces to the Foundation to enable the Foundation to promote more general public awareness and concern on the arthritis diseases. The advertisement was placed in various MTR stations from 25 May to 8 June 2012. Dr. David Lee (Siu-ming) and Master Alfred Tang helped appear in the advertisement to educate the public that everyone, including children, could suffer from arthritis diseases.

6) **Publication of Newsletters ‘Arthritis Care’**

Two issues of the bi-annual Foundation Newsletter were published in June 2012 and December 2012 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.

7) **Fostering Relationship with Patients and Counterparts in Mainland China**

The Foundation also tried to help Mainland patients in their fight against arthritis diseases. The third batch of HKARF Ambassadors were invited by the Foundation to an Interflow Tour to Guangzhou from 6 to 8 September 2012, paying a visit to Guangzhou and Shenzhen and meeting with the arthritis patients groups in the Third Hospital of Sun Yat-sen University and the Shenzhen Hospital for Arthritis Patients. It was a good experience for both the patients from Hong Kong and China. All the participating Ambassadors thought the visit was well-organized and provided them with not only an exposure to the hospital facilities and tourist attractions in Guangzhou but also an experience and knowledge about how

arthritis patients were being treated in China. It made them feel very rewarding as it provided an opportunity to interact with patients with similar diseases in China, some of whom came from far away cities in the Mainland. As there was an AS patients group established with the help of the Third Hospital of Sun Yat-sen University it also provided a great opportunity for the patients in China to know more about organizing programmes and activities for patients and how they could better help their members,. All were grateful to the Foundation for giving them and their family members this memorable experience. The net expenditure for the visit was HK\$13,856.00.

The visit helped the Foundation build up the relationship with rheumatic professors in China and cooperate with them. The Foundation found that patients in China were very interested in self-management skills and so a small-scale patient conference was subsequently held on 26 May 2013 in Guangzhou for them. A physiotherapist, an occupational therapist and patients went up to Guangzhou to act as speakers to share the knowledge of joints protection, home exercises and self-management plan. The participants expressed their gratitude to the Foundation as they had little knowledge of this kind of information before. The Foundation would plan for another larger scale Patient Conference for the patients in China in Shenzhen at the end of 2013, in collaboration with the Hong Kong Society for Rehabilitation.

## **Report of the Fund-raising Committee (2012-2013)**

### **Membership of the Committee**

Convener: Mr. Chan Kar-lok  
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. No major fund-raising activities were organized during the year but we continued to develop avenues for the public to make donations to the Foundation so that we could continue our ongoing programmes and develop new initiatives.

1) **General Donation**

As the new HKARF Jockey Club Patient Resource and Training Centre was set up in May 2012, a series of activities such as press conferences and media interviews was organized to promote the publicity. These helped to let the public have a clearer understanding of the Foundation's works and also attract more donors. In 2013, the general donation to the Foundation was HK\$36,204.00.

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 become 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\$900 donation was collected from this platform during the year.

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 2012 to 31 March 2013, the donation collected was HK\$15,462.90.

4) **PayPal Online Donation Platform**

Nowadays internet was a part of our daily life, it was convenient for donors to make donation online. Thus, the Foundation joined the PayPal platform, which provided a secure and easy method for donation since March 2013.



## **Report of the Scientific Committee (2012-2013)**

### **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/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 the field of Rheumatology 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. 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 in in 2012/13

#### 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, 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 was disseminated to multi-disciplinary healthcare workers involved in the management of patients with rheumatic diseases. Each issue involves articles from cross-disciplines including Rheumatology, Paediatrics Rheumatology, Orthopaedic surgery, Physiotherapy, Occupational therapy and Rheumatology nursing.

Since the last year-end, one issue of CHARM was published:

July 2012 – Psoriatic Arthropathy

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.

**2012/13 HKARF Activities / Working List**

<b>Date</b>	<b>Event</b>	<b>Committee</b>
13 Feb 2012 – 2 Feb 2013	Hydrotherapy Programme 2012 In QEH and PYNEH Total no. of attendances: 6,472	Patient Support Committee
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. 7 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

<b>Date</b>	<b>Event</b>	<b>Committee</b>
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
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: HKARF Jockey Club Patient Resource and Training Centre	Patient Support Committee
19 September 2012	PT exercise class starts	Patient Support Committee
26 September 2012	OT consultation service starts	Patient Support Committee
29 September 2012	Art therapy – Experiential workshop No. of participants: 12 Venue: HKARF Jockey Club Patient Resource and Training Centre	Patient Support Committee
October 2012	New Drugs 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 Oct – 21 Nov 2012 (every Wednesday)	Hypnotherapy Workshop (B27 Association) No. of lessons: 4 No. of participants: 8 Venue: HKARF Jockey Club Patient Resource & Training Centre	Patient Support Committee
2 – 23 Nov 2012 (every Friday)	Hypnotherapy Workshop (HKRAA) No. of lessons: 4 No. of participants: 5 Venue: HKARF Jockey Club Patient Resource & Training Centre	Patient Support Committee
3 November 2012	Seasonal Educational Talk – OA & Surgery 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

<b>Date</b>	<b>Event</b>	<b>Committee</b>
17 November 2012	Seasonal Educational Talk – OA & Exercise Speaker: Dr. Kitty Kwok Ms. Kristo Shum (PT) No. of participants: 140	Education Committee
27 Nov – 18 Dec 2012 (every Tuesday)	Hypnotherapy Workshop (HKASA) No. of lessons: 4 No. of participants: 10 Venue: HKARF Jockey Club Patient Resource & Training Centre	Patient Support Committee
29 Nov – 20 Dec 2012 (every Thursday)	Hypnotherapy Workshop (HKLA) No. of lessons: 4 No. of participants: 10 Venue: HKARF Jockey Club Patient Resource & Training Centre	Patient Support Committee
December 2012	Newsletter – Arthritis Care Vol. 16 No. of issues: 4,000	Newsletter Sub-committee
1 December 2012	Health Check Day No. of participants: 53 Venue: HKARF Jockey Club Patient Resource & Training Centre	Patient Support Committee
12 December 2012	Educational Talk – SLE Speaker: Dr. Gavin Lee No. of participants: 164	Education Committee
2 – 23 Jan 2013 (every Wednesday)	Hypnotherapy Workshop (HKPsAA) No. of lessons: 4 No. of participants: 5 Venue: HKARF Jockey Club Patient Resource & Training Centre	Patient Support Committee
8 Jan – 19 Feb 2013 (every Tuesday)	Art therapy Workshop No. of lessons: 6 No. of participants: 6 Venue: HKARF Jockey Club Patient Resource & Training Centre	Patient Support Committee
26 Feb – 2 Apr 2013 (every Tuesday)	Art therapy Workshop No. of lessons: 6 No. of participants: 8 Venue: HKARF Jockey Club Patient Resource & Training Centre	Patient Support Committee
26 February 2013	Introduce arthritis related organization at Rheum Nurse Training Session (QEH) No. of participants: 20	Education Committee
March 2013	PayPal Online Donation Platform launched	Fund-raising Committee
22 March 2013	Educational Talk – OA treatment & drugs Speaker: Dr. Gavin Lee Ms Anna Yung (pharmacist) No. of participants: 34	Education Committee
23 March 2013	Seasonal Educational Talk – PsA & Exercise Speaker: Dr. Gavin Lee Ms Lavin Wong (PT) No. of participants: 110	Education Committee

*\*\* Below is the Foundation's activities list after Apr 2013. for information.*

<b>Date</b>	<b>Event</b>	<b>Committee</b>
6 April 2013	Educational Talk – RA Treatment & Tips for Daily Life Speaker: Dr. Ronald Yip Ms. Kristan Leung (OT) No. of participants: 167	Education Committee
21 April 2013	Educational Talk – B27 related rheumatic diseases (ERA & AS) Speaker: Dr. Lee Tsz-leung Dr. Gavin Lee No. of participants: 112	Education Committee
May 2013	Newsletter – CHARM Vol. 8 No. of issues: 4,000	Scientific Committee
10 May 2013	Educational Talk – SLE Treatment & Eye related disease Speaker: Dr. Douglas Lam Dr. Priscilla Wong No. of participants: 77	Education Committee
26 May 2013	Guangzhou Patient Conference Speaker: Dr. Gavin Lee Ms. Kristo Shum (PT) Ms. Kristan Leung (OT) No. of participants: 50	Education Committee
June 2013	Newsletter – Arthritis Care Vol. 17 No. of issues: 4,000	Newsletter Sub-committee
5 June 2013	2013 Policy Donation Program Kick off Ceremony cum 8th LifeCare Presentation Ceremony Speaker: Dr. Chan Tak-hin Ms. Wong Kam-fung	Patient Support Committee
15 June 2013	Seasonal Educational Talk – RA & Self-management Speaker: Dr. Amy Yung Ms Fiona Chang (Art therapist) No. of participants: 124	Education Committee
15 June 2013	Educational Talk –PsA & Psoriasis Speaker: Dr. Lucia Chau Dr. Chan Chun Yin No. of participants: 50	Education Committee
29 June 2013	Educational Talk – AS Treatment & Exercise Speaker: Dr. Timothy Wan Ms Irene Wong No. of participants: 190	Education Committee
20 July 2013	Health Check Day No. of participants: 53 Venue: HKARF Jockey Club Patient Resource & Training Centre	Patient Support Committee
10 August 2013	Seasonal Educational Talk – Kawasaki and Complications Speaker: Dr. Chong Chun Yi Prof. Cheung Yiu Fai No. of participants: 97	Education Committee
21 August 2013	Visit Cancer Link hotline centre No. of participants: 20	Patient Support Committee

<b>Date</b>	<b>Event</b>	<b>Committee</b>
7 September 2013	Educational Talk – OA Treatment & Care Speaker: Dr. Gavin Lee Ms Joy Lau (OT) No. of participants: 167	Education Committee
20 October 2013	IAD 2013 Carnival Venue: Nam Shan Estate Basketball Court No. of participants: 2,000	Education Committee
2 November 2013	Educational Talk – RA Treatment & Positive Psychology Speaker: Dr. Ronald Yip Ms Annie Chiang	Education Committee
8 Nov – 13 Dec 2013 (Every Friday)	Arthritis Self-Management Programme (ASMP) co-organized with CRN starts	Patient Support Committee
9 November 2013	Educational Talk – JSLE & SLE Speaker: Dr. Chong Chun Yi Dr. Stella Jao	Education Committee
7 December 2013	Educational Talk – OA Treatment & Surgery Speaker: Dr. Albert Young Dr. Ng Tsz Pui	Education Committee
14 December 2013	Seasonal Educational Talk – Scleroderma & Sjogren Syndrome Speaker: Dr. Ma Kai Yiu Dr. Lao Weng Nga	Education Committee