

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

Annual Report 2013/2014

(for the year ended 31 March 2014)



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Objectives of the Foundation

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

Chairman's Message

Since the incorporation of the Foundation in 2001, HKARF has flourished and much of our success is due to the energy and wisdom of our Honorary Presidents, past chairmen and members of the Executive Committee. Under the leadership of Professor CS Lau and Mr David Yau, the Foundation has grown to be a major provider of therapeutic and education service for patients with arthritis and autoimmune disease in Hong Kong. For the groundwork, we acknowledge with thanks.

It has been an honour and privilege for me to be associated with the Foundation. It all came about one day in 2000 when Prof CS Lau phoned me up and asked me to join the first Executive Committee as Honorary Secretary. It has been an enjoyable and memorable learning experience in the ensuing 14 years and I am most happy to be able to continue serving our patients in my new capacity as Chairman of the Executive Committee.

We have introduced various services over the last decade to keep pace with the need of our patients. These include our very popular hydrotherapy service, education program for patients and public, financial assistance schemes for needy patients, physiotherapy and occupational therapy service. Besides, HKARF has been a staunch supporter of rheumatic disease self-help groups in Hong Kong.

We are indebted to the founding members of the Executive Committee and Advisors, whose wisdom established this Foundation, nourished it, and raised it to be stronger day by day. I am grateful to the Executive Officer and her staff for their diligence over the years. To our volunteers, I offer very many thanks for their unreserved support of the Foundation. Without the devotion and endorsements of these people, HKARF will not be able to achieve what we have accomplished.

Dr. Chan Tak Hin
Chairman

GOVERNANCE

Honorary Presidents:

Dr. David FANG, SBS, JP

方津生醫生

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

劉澤星教授 (創會主席)

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

李文彬太平紳士

Dr. TAM Wah-ching, PhD, DBA

譚華正博士

Mr. YAU Po-wing, David

游寶榮先生

Honorary Advisors:

Dr. CHAN Ka-ho (Specialist in Rheumatology)

陳嘉何醫生

Mr. CHAN Ka-ming, Albert

陳家明先生

Ms. Camilla CHAN

陳劍淑女士

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

陳麗雲教授

Ms. Shirley CHAN (Hong Kong Global Lions Club)

陳書琴女士

Ms. Mabel CHAU (Hong Kong Society for Rehabilitation)

周敏姬女士

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

鄭煥新先生

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

卓歐靜美女士

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

張偉良先生

Prof. Peter CHIU (The University of Hong Kong)

曲廣運教授

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

周肇平教授

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

朱孟怡博士

Dr. Margaret CHUNG (Regeneration Society)

鍾惠玲博士

Dr. Emily KUN (Tai Po Hospital)

靳惠蓮醫生

Mrs. Linda LAU

劉洪文燕女士

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

劉宇隆教授

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

李繼堯醫生

Dr. LEE Tsz-leung (Hospital Authority)

李子良醫生

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

李國銘教授

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

勞玉儀女士

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

伍杏修先生

Mr. Peter POON (Hong Kong Society for Rehabilitation)

潘經光先生

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

黃煥星醫生

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

容永祺先生

EXECUTIVE COMMITTEE**Dr. CHAN Tak-hin***Chairman*

陳德顯醫生

**Mr. CHAN Kar-lok***Vice-chairman &**Hon. Treasurer*

陳家樂先生

**Dr. LEE Ka-wing, Gavin***Vice-chairman*

李家榮醫生

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

吳錦鴻醫生

**Ms Elsa CHEUNG***Hon. Legal Advisor*

張惠嫻律師

**Ms. CHAN King-chu**

陳琮珠女士

**Dr. CHENG Hang-cheong**

鄭亨昌醫生

**Ms. Pauline CHENG**

鄭寶花女士

**Mr. Andy HO**

何安達先生

**Mr. Stanley KWOK**

郭偉良先生

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

李家仁醫生

**Ms. Christine LEUNG**

梁綺薇女士

**Prof. Cecilia LI-TSANG**

李曾慧平教授

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

莫慕賢醫生

Honorary Auditor:

Teamway & Partners 天永會計師行

PERMANENT COMMITTEES

Education Committee

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

Fundraising Committee

Convener:	Mr. CHAN Kar-lok	陳家樂先生
Members:	Mr. CHAN Ka-ming, Albert	陳家明先生
	Ms. Shirley CHAN	陳書琴女士
	Ms. Pauline CHENG	鄭寶花女士
	Mrs. Linda LAU	劉洪文燕女士
	Dr. LEE Ka-yan, David	李家仁醫生
Ex-officio:	Dr. CHAN Tak-hin	陳德顯醫生

Patients Support Committee

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

Scientific Committee

Convener:	Dr. MOK Mo-yin, Temy	莫慕賢醫生
Members:	Ms. CHAN Lai-hung, Jane	陳麗紅姑娘
	Dr. CHENG Hang-cheong	鄭亨昌醫生
	Dr. CHU Wai-po, Reann	朱蔚波醫生
	Dr. LEUNG Wai-keung	梁偉強醫生
	Prof. LI-TSANG Wai-ping, Cecilia	李曾慧平博士
	Dr. NG Kam-hung, Daniel	吳錦鴻醫生
	Mr. Peter POON	潘經光先生
Ex-officio:	Dr. CHAN Tak-hin	陳德顯醫生

ACTIVITIES UNDERTAKEN AND RESULTS ACHIEVED

Hydrotherapy Exercise Program

Hydrotherapy or water exercise has been shown to improve pain perception and general health of patients suffering from musculoskeletal and neurological disease. HKARF started running hydrotherapy program for patients suffering from chronic inflammatory arthritis in 2008. This service, which is supervised by physiotherapists, proves to be one of the most popular programs of the Foundation and we have been expanding the scope of the service year by year.



Targets:

Patients suffering from inflammatory arthritis, such as rheumatoid arthritis, spondyloarthritis, psoriatic arthritis, and systemic lupus erythematosus

Sessions: 482 per year

No. of patient-session: 4,866 (320 individual patients)

Physiotherapy Exercise Class



HKARF introduced group physiotherapy classes for patients suffering from musculoskeletal disease in 2013.

Targets:

Patients suffering from degenerative arthritis (osteoarthritis), inflammatory arthritis, and inflammatory myopathy

Venue:

HKARF Jockey Club Patient Resource & Training Centre

Sessions: 78 per year

No. of patient-session: 534 (47 individual patients)

Occupational Therapy Consultation

In view of the very long waiting time for occupational therapy (OT) service in public hospitals, HKARF have been providing OT consultation for patients since 2013

Targets:

Patients suffering from pain and deformity due to inflammatory arthritis

Venue:

HKARF Jockey Club Patient Resource & Training Centre



Sessions: 4 per month

No. of beneficiaries: 20 per year

Patients Support Fund

(Financial assistance for purchasing self-financed medications and rehabilitation aids)

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

No. of beneficiaries: 35

Average subsidy amount: HK\$5,097 per patient

Total subsidy amount: HK\$178,407

Expensive Drug Support Scheme

(Financial assistance for purchasing expensive rheumatic disease medications)

HKARF has been working in partnership with pharmaceutical companies to subsidise patients to purchase self-financed expensive medications prescribed by doctors in Hospital Authority hospitals.

No. of beneficiaries: 23

Total cost of subsidised medications: HK\$494,200

Emergency Support Fund

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

Activity Fund

(Funding to support activities organised by self-help groups)

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

No. of grants approved: 5

No. of beneficiaries: 486

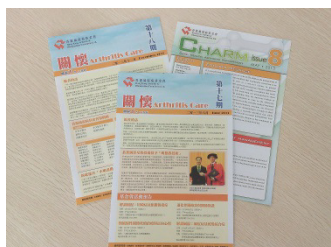


Arthritis Buddy Helpline (風知己朋輩電話熱線)

HKARF runs a telephone hotline four days per week to answer queries from the public. The hotline is manned by volunteers who have received in-house training on communication skill and emotion management. The phone inquiries cover a broad range of topics, such as specialists referral, financial assistance, anxiety and family problems due to illness.

No. of telephone inquiry: 380

Newsletters



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

Education Talks

HKARF organises a large number of education talks every year to raise awareness of rheumatic disease in the community and to offer support and information to those with the disease.

Total number of talks: 15

Total no. of audience: 1,780



Disease and Medication Information and Education Video



Information leaflets on common rheumatic disease and medications are available on the official website of the Foundation (www.hkarf.org). Healthcare professionals, patients, and interested members of the public can download and print the files for personal and education use.

The Education Committee has embarked on a project to produce education video on common chronic rheumatic disease. DVD with the recorded video will be offered to patients, self-help groups, hospitals, and rheumatology clinics. The video will also be available for viewing from our official website

(www.hkarf.org). We have finished the production of video on systemic lupus erythematosus and spondyloarthritis. More videos on psoriatic arthritis and rheumatoid arthritis will be shot in 2014 and 2015.

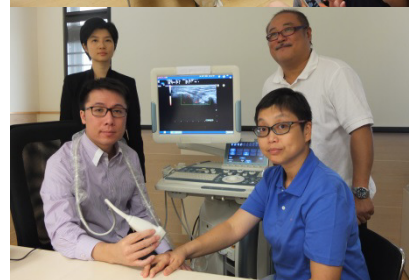
Public relations

The Foundation promotes its activities and disseminates arthritis information to the general public and patients through electronic and printed media channels. Doctors and healthcare professionals representing the Foundation appear in television and radio program to promote awareness of rheumatic disease and to spread the news of Foundation. We contribute to healthcare columns of newspapers and health magazines regularly.

No. of TV/radio interviews: 2

No. of newspaper articles: 24

No. of press release: 1



International Arthritis Day Carnival



A carnival was held at the basketball court of Nam Shan Estate in Shek Kip Mei, Kowloon on Sunday, 19 October 2013, to commemorate World Arthritis Day. Games booths were set up by volunteers from six rheumatic disease self-help groups. Dr. David Lee, who was our Executive Committee members, performed during the opening ceremony. 1,500 residents from the neighbourhood housing estates joined us that day for an enjoyable and fun-filled afternoon. 110 participants were invited for a musculoskeletal health checkup at the

HKARF Jokey Club Patient Resource and Training Centre, which was situated within walking distance from the carnival venue.

Musculoskeletal Health Checkup

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

No. of health checkup: 2

No. of beneficiaries: 170



COLLABORATION WITH SELF-HELP GROUPS

HKARF has been acting as the umbrella organisation that supports various rheumatic disease self-help groups in the territory. We organise seminars and education talks regularly in collaboration with all the rheumatic disease self-help groups. Currently, secretarial staff of three self-help groups are working at our Centre. They are Hong Kong Ankylosing Spondylitis Association (HKASA 香港強脊會), Hong Kong Rheumatoid Arthritis Association (HKRAA 毅希會), and Hong Kong Psoriatic Arthritis Association (HKPsAA 銀屑護關會).



COLLABORATION WITH THE HONG KONG SOCIETY FOR REHABILITATION

HKARF has been co-operating closely with Community Rehabilitation Network (CRN) of Hong Kong Society for Rehabilitation in organising education activities and producing printed materials to enhance public understanding of arthritis and rheumatic disease and to improve the physical and mental health of patients.

COLLABORATION WITH THE HONG KONG SOCIETY OF RHEUMATOLOGY

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

HKARF JOCKEY CLUB PATIENT RESOURCE AND TRAINING CENTRE

Hong Kong Jockey Club Charities Trust donated HK\$1.65 million to HKARF to renovate and equip the Centre, which was located in Nam Shan Estate in Sham Shui Po. The Centre, which was officially opened in October 2012, is the administrative centre of the Foundation. With an area of 1,400 sq ft, the Centre houses the Foundation's office, a library, and two multipurpose function rooms. HKARF provides

complimentary office space for three self-help groups.

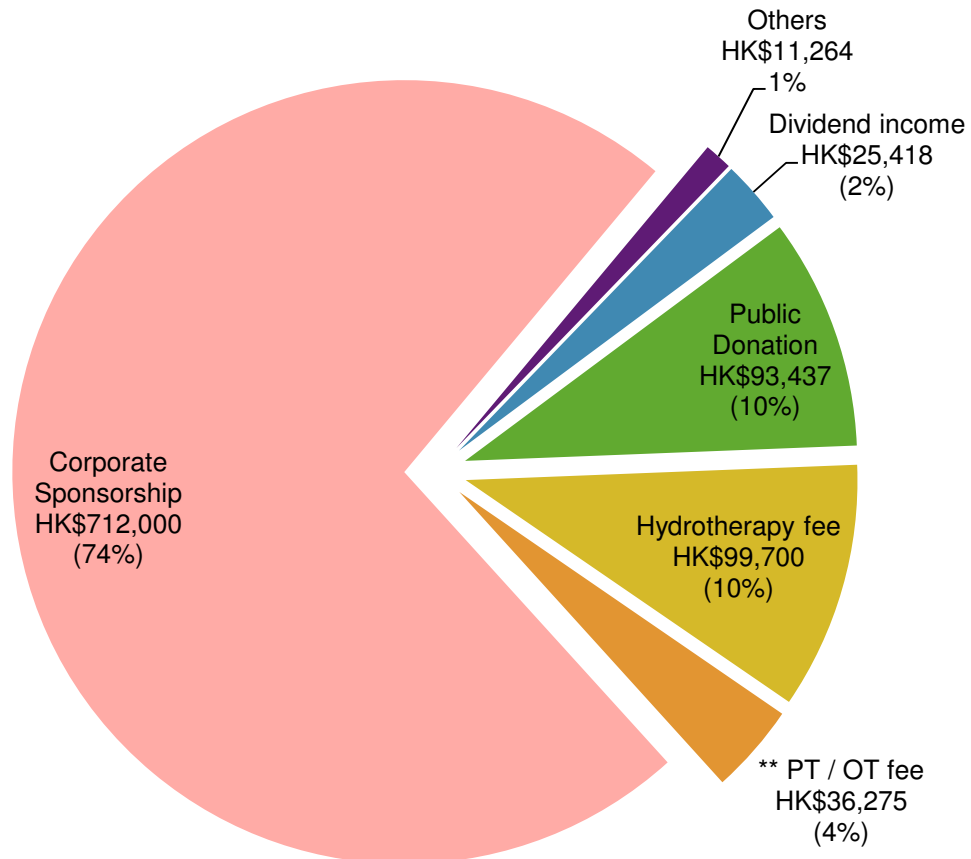
HKARF organises a range of services to patients in the Centre, e.g. physiotherapy exercise class, occupational therapy, physical checkup, arthritis buddy telephone hotline, and education workshops and talks. The Centre has become the home away from home of our volunteers and patients.



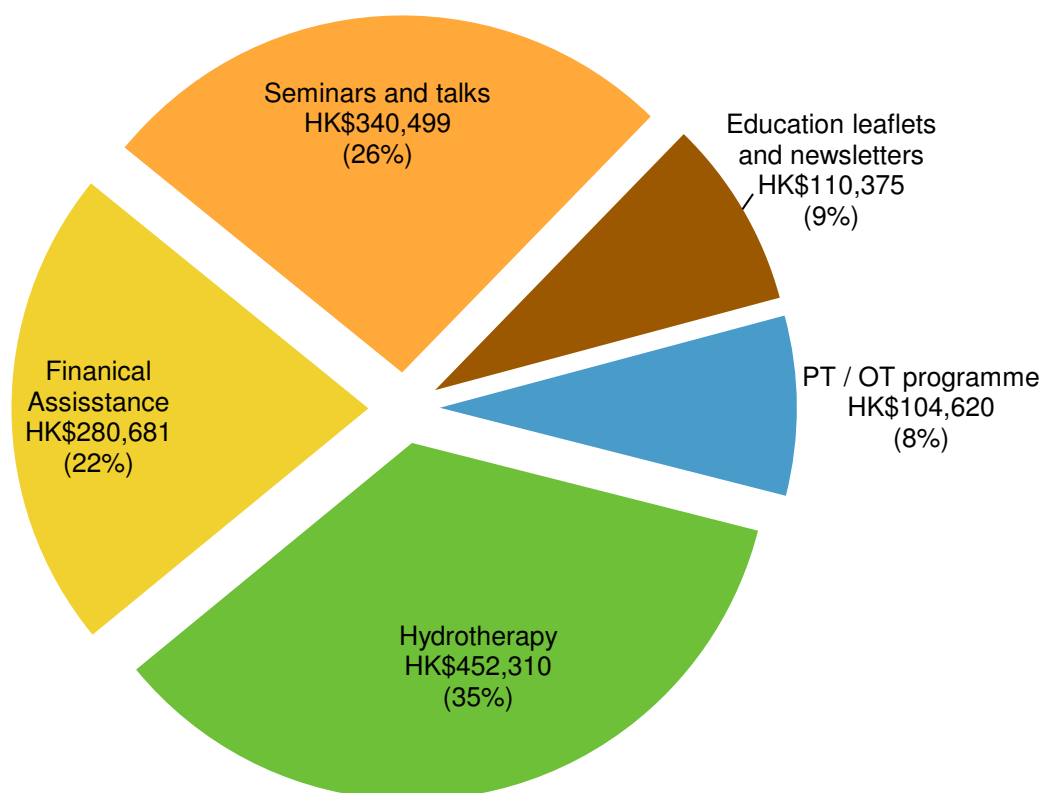
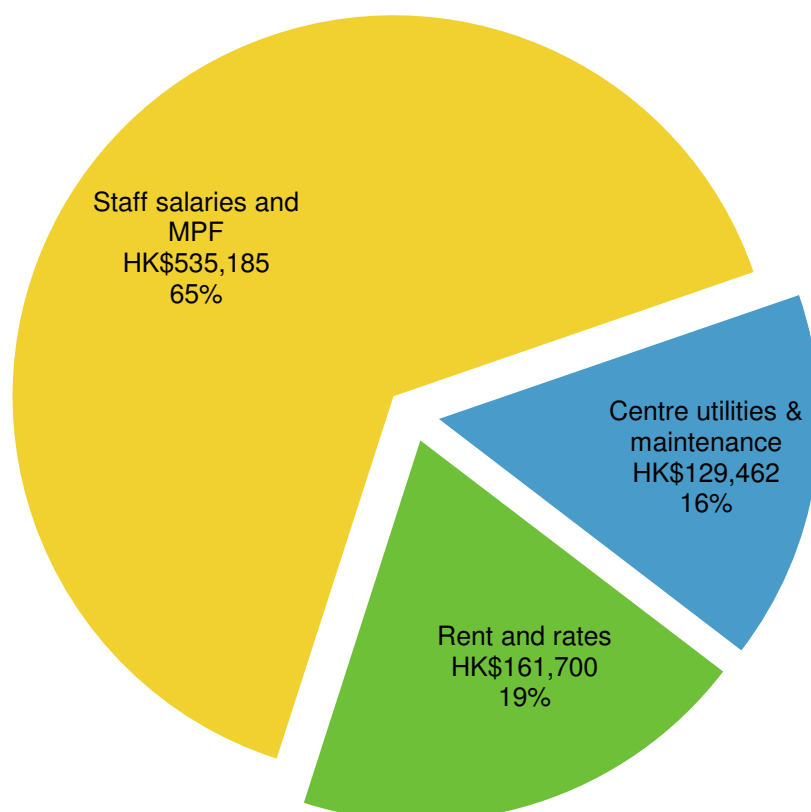
FINANCIAL REPORT

HIGHLIGHTS OF FINANCIAL ACTIVITIES (for the year ended 31 March 2014)

Income (Total = HK\$978,094)



** PT / OT fee: Physiotherapy class and occupational therapy consultation fee

Patients' Service Expenditure (Total=HK\$1,288,485)**Administrative Expenditure**

**STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME
FOR THE YEAR ENDED 31 MARCH 2014**

	2014	2013
	<u>HKD</u>	<u>HKD</u>
INCOME		
Book sales and royalty income	670	47,032
Dividend income	25,418	22,979
Donation income	93,437	994,181
Hydrotherapy income	99,700	180,015
OSC Project income	36,275	49,038
Sponsorship income	712,000	1,210,150
Sundry income	10,594	8,743
	<u>978,094</u>	<u>2,512,138</u>
EXPENSES		
Activities expenses	340,499	409,832
Advertisement	1,728	4,264
Bank charges	1,290	790
Cleaning	16,650	13,110
Class exercise expenses	556,930	193,516
Cost of books and newsletters	110,375	45,230
Depreciation	286,032	271,988
Grant to patients	280,681	236,682
Insurance	3,610	3,598
Mandatory provident fund	23,994	23,134
Printing and postage	46,682	63,277
Provision for long services payment	-	16,951
Rent and rates	161,700	156,977
Repairs and maintenance	12,180	6,780
Salaries and allowances	511,191	481,633
Sundry expenses	14,801	15,991
Travelling	1,283	1,328
Telecommunications	18,389	20,396
Utilities expenses	12,849	11,018
	<u>2,400,864</u>	<u>1,976,495</u>
(DEFICIT)/SURPLUS FOR THE YEAR	(1,422,770)	535,643
OTHER COMPREHENSIVE INCOME		
Fair value loss on available for sale financial assets	<u>(7,000)</u>	<u>63,000</u>
TOTAL COMPREHENSIVE (DEFICIT)/SURPLUS FOR THE YEAR	<u>(1,429,770)</u>	<u>598,643</u>

LOOKING AHEAD

HKARF has been selected as one of the beneficiaries of Operation Santa Claus (OSC) 2014, which will provide the Foundation with nearly one million dollars to fund our hydrotherapy and physiotherapy service in the coming three years. OSC funding will enable the Foundation to undertake a pilot project on chronic disease self-management education for arthritis patients in Hong Kong and Guangdong province.

HKARF will collaborate with the specialists of the Hong Kong Society of Rheumatology (HKSR) to offer rheumatology education for non-specialists practising outside large cities in southern China. Doctors, nurses and rehabilitation healthcare specialists visited Qing Yuen People's Hospital in October 2014. HKARF and the Rheumatology Department of the 3rd Affiliated Hospital of Zhongshan University, Guangzhou, will co-organise a two-day introductory course on rheumatology for doctors in Qing Yuen, Guangdong province, in April 2015.

Our hydrotherapy service has been very popular among our patients. Although we are running the service in three hospitals 6 days a week, the service is oversubscribed most of the time. In order to meet this high demand, HKARF will discuss expanding the service with the Hospital Authority (HA), which has been providing us with hydrotherapy pools in HA hospitals.

HKARF will continue to collaborate with self-help groups and Hong Kong Society for Rehabilitation to organize seminars and workshops for arthritis patients. A Patients Conference that was attended by more than 400 participants was held at the Hong Kong Polytechnic University, Kowloon, in July 2014. Apart from patient oriented service, the Foundation will enhance our education service. Videos on more rheumatic disease will be shot this year. We will continue our webpage revamp in order to make our website a portal to authoritative rheumatic disease information for Chinese speaking patients and public.

In conclusion, I believe as the Foundation moves into its 15th year of operation, it will continue its role as a provider of service for rheumatic disease patients and as a major supporter of self-help groups in Hong Kong. Our dedicated Advisors, Executive Committee members, staff, and volunteers will enable us to develop the Foundation further on an already solid groundwork. Nevertheless, we continue to face challenges on a number of fronts, notably the difficulty in soliciting donation and sponsorship to support our expanding service. We will continue to communicate with our patrons and members of the public through public relations and advocacy with an aim to create strong relationship with all stakeholders concerned.

Reports Of Permanent Committees

Education Committee

Fund-raising Committee

Patient Support Committee

Scientific Committee

Report of the Education Committee (2013/14)

Membership of the Committee

Convener: Dr. Lee Ka Wing Gavin
Members: Ms. Patsy Chan
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
Dr. Chan Tak Hin (Ex-officio)

Sub-committees:

Newsletter Sub-Committee
Website Sub-Committee

1) International Arthritis Day 2013 – Carnival

To celebrate the 2013 International Arthritis Day, a Carnival was held at Basketball Court at Nam Shan Estate, Sham Shui Po on 19 October, 2013. There were 6 game booths, 1 Information Counter, 1 booth for simple health check by CRN, 1 booth for Physiotherapy check and 1 booth for Occupational therapy information, and a health check corner at HKARF Jockey Club Patient Resource and Training Centre. More than 1,500 participants turned up for the event. A series of talks on various arthritis diseases was held during the day of the Carnival. Also, Dr. David Lee (Siu-ming) shared his new song “Joint Health” to disseminate the correct information related to arthritis and rheumatism. All the attendees enjoyed the game booths, the demonstration of joints exercises and the talks on arthritic diseases. The total expenditure for the event was \$127,938.20 while a total sponsorship of HK\$130,000.00 was collected. A surplus of \$2,061.80 was recorded for the event.

2) Educational Talks

2.1 Seasonal Public Talk Series

A series of Talks on specific arthritis diseases was held each season throughout 2013-2014. 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) Rheumatoid arthritis and Self-management (2013 Season 2)
Date: 15 June 2013
Venue: Hall, 1/F, Duke of Windsor Social Service Building
Speaker: Dr. Amy Yung
Ms. Fiona Chang (registered expressive art therapist and RSW)
No. of participants: 124
- b) Kawasaki and Complications Talk (2013 Season 3)
Date: 10 August 2013
Venue: Seminar Room 1, M/F, Hospital Authority Building, Kowloon
Speaker: Dr. Chong Chun Yi, Prof. Cheung Yiu Fai
No. of participants: 97

- c) Scleroderma & Sjogren Syndrome Talk (2013 Season 4)
Date: 14 December 2013
Venue: HKARF Jockey Club Patient Resource and Training Centre
Speaker: Dr. Ma Kai-yiu, Dr. Virginia Lao
[No. of participants: 39](#)
- d) SpA, AS & Exercise Talk (2014 Season 1)
Date: 22 March 2014
Venue: Hall of Breakthrough Centre
Speaker: Dr. Yim Cheuk-wan, Mr. Elton Ng (PT)
[No. of participants: 138](#)

2.2 Other Public Talks

Other than seasonal talks, the Foundation would hold talks from time to time on different topics in order to provide most up to date information to the public. A total of 11 talks were held during the year:

- a) Rheumatoid Arthritis (RA) Talk - treatments and tips for everyday life
Date: 6 April 2013
Venue: Assembly Hall, 4/F, YMCA of Hong Kong
Speaker: Dr. Yip Man-lung, Ms. Kristan Leung (OT)
[No. of participants: 167](#)
- b) Ankylosing Spondylitis (AS) & Enthesitis-related Arthritis (ERA) Talk – What is B27 arthritis disease?
Date: 21 April 2013
Venue: Scout Association of Hong Kong
Speaker: Dr. Lee Tsz-leung, Dr. Gavin Lee
[No. of participants: 112](#)
- c) Systemic Lupus Erythematosus (SLE) Talk – SLE Treatment & Eye related disease
Date: 10 May 2013
Venue: Scout Association of Hong Kong
Speaker: Dr. Douglas Lam, Dr. Priscilla Wong
[No. of participants: 77](#)
- d) Psoriatic Arthritis (PsA) & Psoriasis Talk
Date: 15 June 2013
Venue: Hong Kong Space Museum Lecture Hall
Speaker: Dr. Lucia Chau, Dr. Chan Chun Yin
[No. of participants: 50](#)
- e) Ankylosing Spondylitis (AS) Talk –Treatment and Exercise
Date: 29 June 2013
Venue: Hall, 1/F, Duke of Windsor Social Service Building
Speaker: Dr. Timothy Wan, Ms. Irene Wong (PT)
[No. of participants: 190](#)
- f) Osteoarthritis (OA) Talk –Treatment and Care
Date: 7 September 2013
Venue: Auditorium, The Boys' & Girls' Club Association of Hong Kong
Speaker: Dr. Gavin Lee, Ms. Joy Lau (OT)
[No. of participants: 176](#)

- g) Rheumatoid Arthritis (RA) Talk – Treatment & Drugs
 Date: 2 November 2013
 Venue: Chiang Chen Studio Theatre, The Hong Kong Polytechnic University
 Speaker: Dr. Yip Man-lung, Ms Annie Chiang (RSW)
 No. of participants: 164
- h) Juvenile Systemic Lupus Erythematosus (JSLE) & Systemic Lupus Erythematosus (SLE) Talk
 Date: 9 November 2013
 Venue: Room 101-103, 10/F, The Hong Kong Federation of Youth Groups Building
 Speaker: Dr. Chong Chun-yi, Dr. Jao Ho-ying
 No. of participants: 74
- i) Osteoarthritis (OA) Talk –Treatment and Surgery
 Date: 7 December 2013
 Venue: Chiang Chen Studio Theatre, The Hong Kong Polytechnic University
 Speaker: Dr. Albert Young, Dr. Ng Tze-pui
 No. of participants: 201
- j) Health talk - Vaccination for arthritis patients
 Date: 21 December 2013
 Venue: Regal Oriental Hotel Oriental Ballroom
 Speaker: Dr. Ada Lin, Dr. Gavin Lee
 No. of participants: 80
- k) Health talk - Myths of using biologic therapies
 Date: 19 January 2014
 Venue: Diamond Room, 5/F, The Cityview Hotel
 Speaker: Dr. Gavin Lee
 No. of participants: 80
- l) Juvenile Idiopathic Arthritis (JIA) & Rheumatoid Arthritis (RA) Talk
 Date: 16 March 2014
 Venue: Hall, 1/F, Duke of Windsor Social Service Building
 Speaker: Dr. Lee Tsz-leung, Dr. Ma kai-yiu
 No. of participants: 61

3) **DVD Production – SLE, AS, RA & PsA**

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

4) **Health Column in Hong Kong Economic Times**

From 6 November 2013, the Foundation undertook to contribute to a weekly special column on arthritis diseases in Hong Kong Economic Times. The Foundation invited different doctors and allied health professionals to write about the common concerns and falsehoods of different arthritis diseases. A total of 24 articles were published.

5) **Patient Self-management Workshop in Shenzhen**

The Foundation also tried to help Mainland patients in their fight against arthritis diseases. Mainland patients were interested in self-management skills especially physiotherapy, occupational therapy and positive psychology in treating arthritis diseases. Hence, a workshop was held from 8 to 9 March 2014 at Hong Kong Jockey Club Shenzhen Society for Rehabilitation Yee Hong Heights with the assistance of the CRN, self-help groups and the Third Hospital of Sun Yat-sen University. Physiotherapist, occupational therapist and social workers from CRN were invited to give talks to enhance Mainland patients' understanding on the importance of self-management. PT exercise booklets in simplified Chinese issued by the Foundation were distributed to all participants. There were 31 participants joined the workshop.

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

Two issues of the bi-annual Foundation Newsletter were published in June 2013 and December 2013 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) **St. John's Carnival**

In order to raise the public concern about arthritis diseases, the Foundation joined the Hong Kong St. John Ambulance Brigade Cadet Command's Carnival held from 8 to 9 February 2014 at Tsuen Wan, by providing a booth in which we arranged bone-density checking of visitors.

Report of the Fundraising Committee (2013/14)

Membership of the Committee

Convener: Mr. Chan Kar-lok
Members: Ms. Shirley Chan
Ms. Pauline Cheng
Mrs. Linda Lau
Dr. Lee Ka-yan, David
Dr. Chan Tak-hin (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. Fundraising in different ways is important for us to continue our ongoing programmes and develop new initiatives.

1) General Donation

As the Foundation launched many new services at the HKARF Jockey Club Patient Resource and Training Centre and over 10 public talks was held in 2013/14, the publicity of the Foundation did raise a lot. Also, there was a health column at Hong Kong Economic Times to let the public have a clear understanding of the Foundation's works and also attract more donors. In 2013/14, the general donation to the Foundation was HK\$88,337.00.

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 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\$100 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 2013 to 31 March 2014, the donation collected was HK\$13,171.10 which was banked after 31 March 2014 and so the amount would show in 2014-15 account.

4) PayPal Online Donation Platform

Nowadays internet was a part of our daily life, it was convenient for donors to make donation online. Thus, the Foundation joined PayPal platform provided a secure and easy method for donation since March 2013. From 1 April 2013 to 31 March 2014, the donation collected was HK\$7,200.00 and the service charge was HK\$193.95. The net amount was HK\$7,006.05 banked after 31 March 2014 and so the amount would show in 2014-15 account.

Report of the Patients Support Committee (2013/14)

Membership of the Committee

Convener: Dr. Ng Kam Hung, Daniel
 Members: Ms. Chan King-chu
 Ms. Viola Chiu
 Ms. Christine Leung
 Ms. Kristan Leung
 Ms. Ng Wing-yee, Elsa
 Mrs. Agnes Wong
 Ms. YM Wong
 Dr. Yim Cheuk-wan
 Dr. Chan Tak-hin (Ex-officio)

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

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

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

1 Patient Support Fund

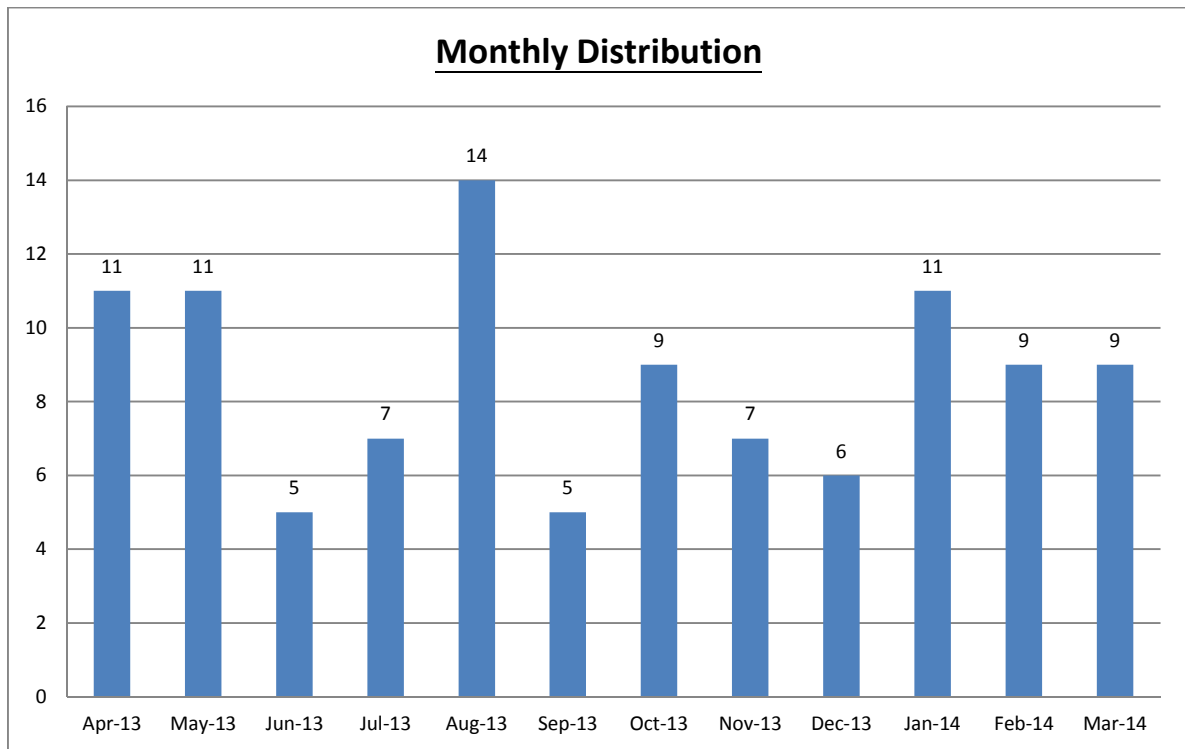
The aim of the Patient Support Fund is to provide financial assistance to needy patients to procure medications, including non-government subsidized medications, to purchase devices for arthritis rehabilitation, and to arrange for necessary home modifications. The applicant must be a Hong Kong resident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

1.1 Total approved applications and amount from **1 April 2013 to 31 March 2014:**

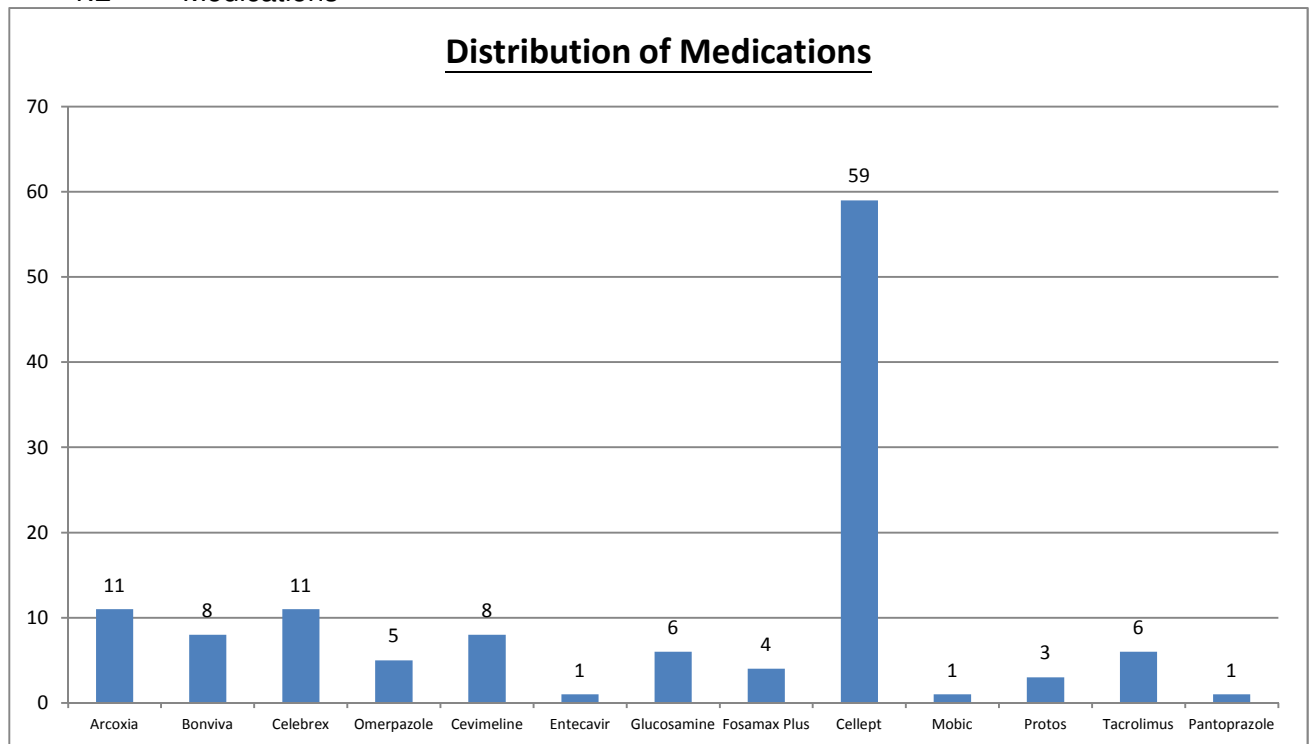
Total number of application received:	104	Approved:	104
		Rejected:	0

Total amount:	HK\$ 178,407.40
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Total no. of patients benefited:	35 (6 new patients)
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1.2 Medications



2 Expensive Drug Support Scheme

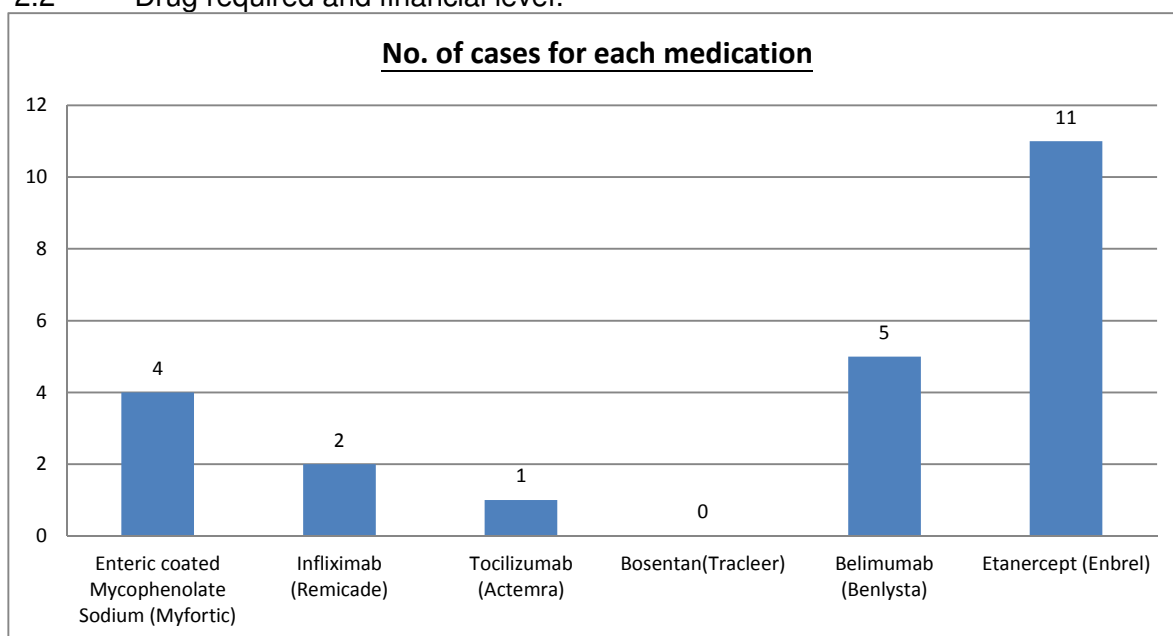
The HKARF also partnered with pharmaceutical companies to provide, through the Foundation's referrals, expensive drugs, particularly the expensive biological drugs, to needy patients at a much reduced price. No direct financial subsidy was provided by the Foundation. This year, the ADFR (Annual Disposable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

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

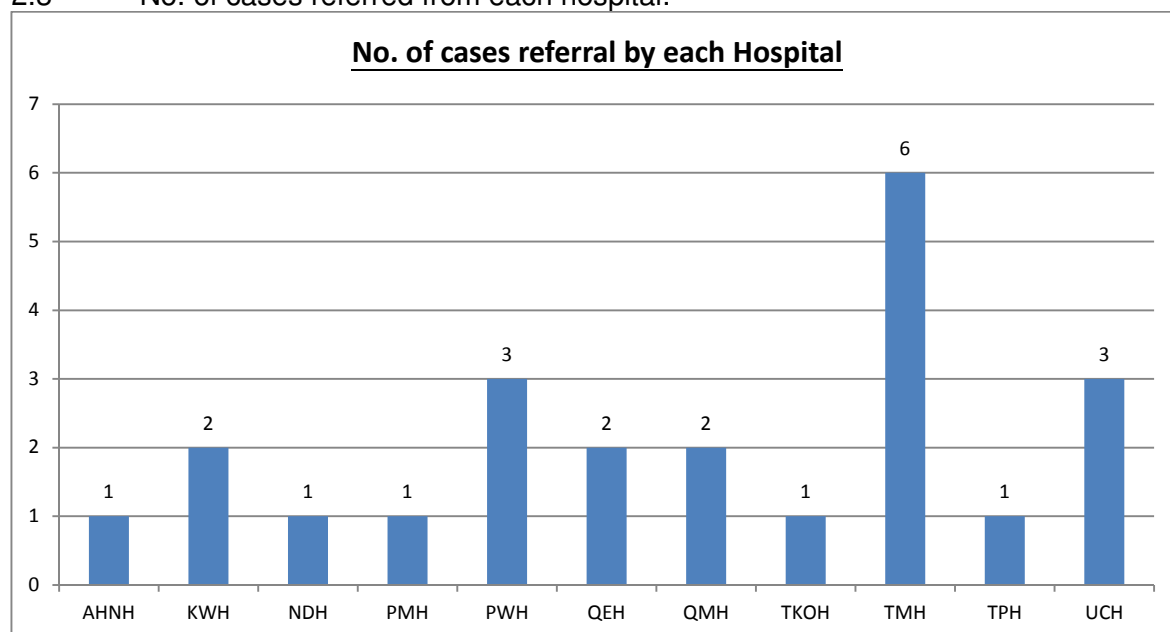
2.1 Total number of applications received from **1 April 2013 to 31 March 2014**:

Total number of application received: 23 Approved: 23

2.2 Drug required and financial level:



2.3 No. of cases referred from each hospital:



AHNNH - Alice Ho Miu Ling Nethersole Hospital
 KWH - Kwong Wah Hospital
 NDH - North District Hospital
 PMH - Princess Margaret Hospital
 PWH - Prince of Wales Hospital
 QEH - Queen Elizabeth Hospital
 QMH - Queen Mary Hospital
 TKOH - Tseung Kwan O Hospital
 TMH - Tuen Mun Hospital
 TPH - Tai Po Hospital
 UCH - United Christian Hospital

3 **Emergency Fund**

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

Total number of applications received **from 1 April 2013 to 31 March 2014:**

Number of application received: 0

4 **Activity Fund**

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

Allocations of Activity Fund **from 1 April 2013 to 31 March 2014:**

Total number of applications received: 5

Approved: 5

	<u>Support Amount</u>
HK Ankylosing Spondylitis Association	HK\$ 1,500.00
B27 Association	HK\$ 1,500.00
HK Paediatric Rheumatism Association	HK\$ 3,150.00
HK Lupus Association	HK\$ 5,000.00
HK Ankylosing Spondylitis Association	HK\$ 3,500.00
Total:	HK\$ 14,650.00

5 **Psychosocial Programme – Arthritis Buddy Helpline**

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

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

Report on the Arthritis Helpline **from 1 April 2013 to 31 March 2014:**

Total number of incoming calls: 380

Joined “Arthritis Buddy” programme: 11

Average duration of a call: 8.8 mins

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

Patients groups and other organization: 26

Hydrotherapy class: 27

Disease information: 193

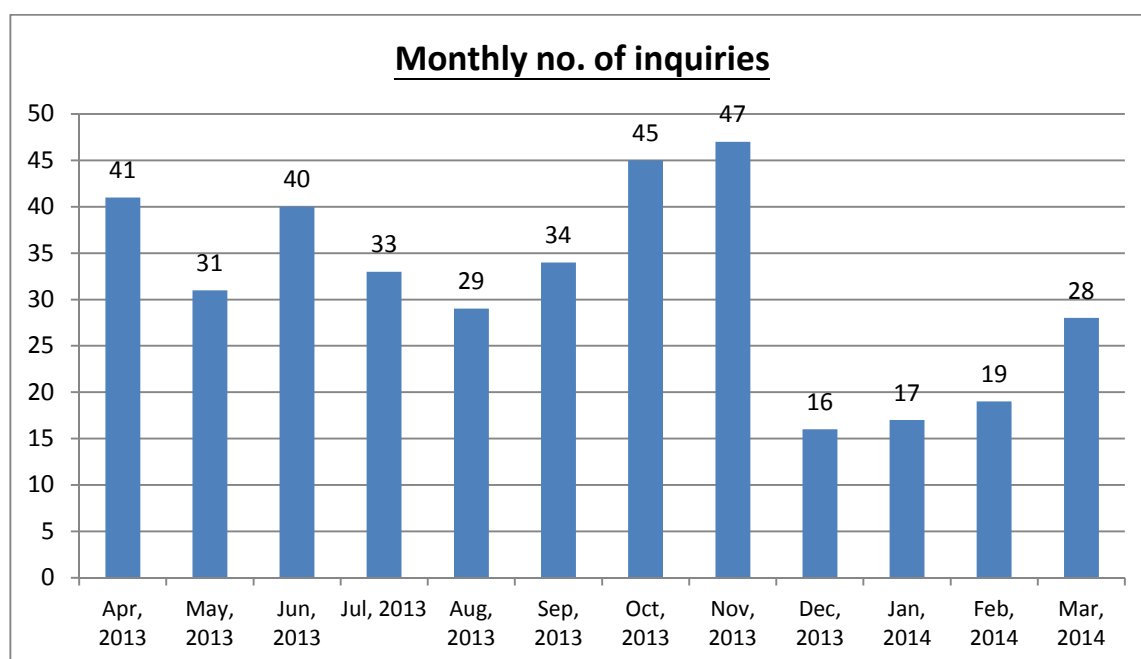
Pour out to volunteers: 7

Financial Support: 26

Rheumatoid Specialists: 78

Drugs: 16

Other: 92



6 Website Q&A and Email Enquiry

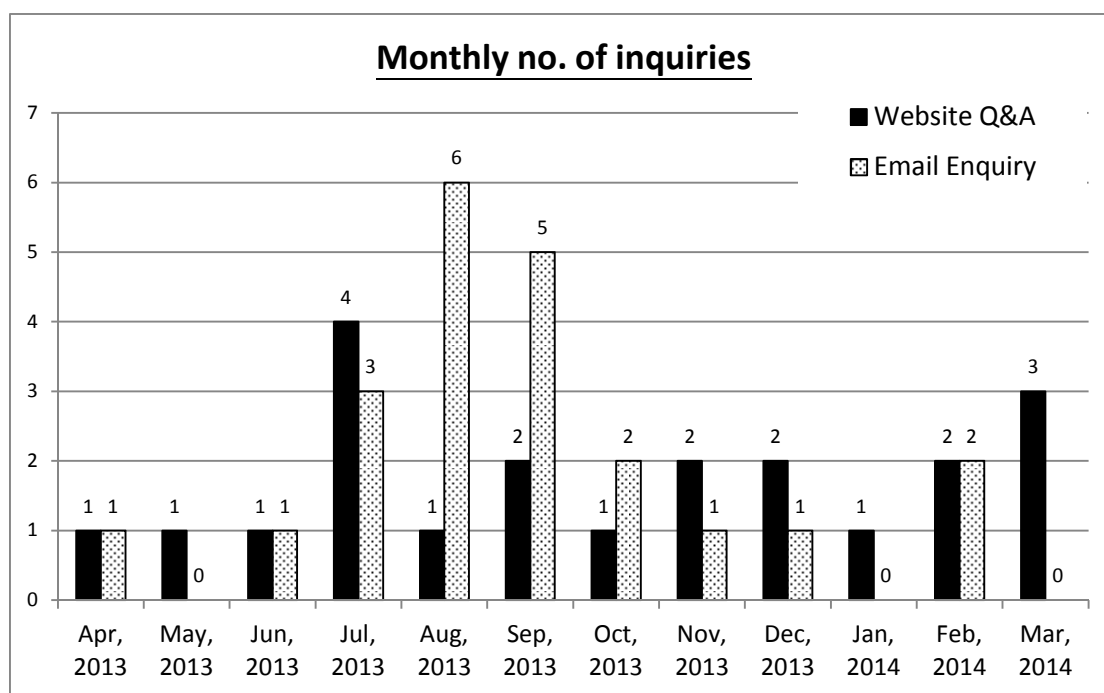
In order to help the public and patients to reduce the worried and concern about the diseases, there is a Q&A session at the Foundation's website. Also, the patients could send their inquiries or questions to us by email. Those questions would be answered by Dr. Emily KUN, our Hon. Advisor, and replied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

Report on Website Q&A from 1 April 2013 to 31 March 2014:

Total number of inquiries: 21

Report on Email Enquiry Q&A from 1 April 2013 to 31 March 2014:

Total number of inquiries: 22



7 Hydrotherapy Programme

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

Report of Hydrotherapy Programme 2013 from 18 February 2013 to 27 January 2014

Total number of days: 241 Total number of lessons: 482

Total number of attendances: 4,866 Total number of beneficiaries: 320

	Total no. of Enrollment	QEH max capacity Phase 1: 112 Phase 2-6: 88	PYNEH max capacity: 24	POH max capacity: 12	Enrolled through self-help groups	Enrolled through HKARF (new comers)	Enrolled through HKARF (repeaters)	No. of new referral cases
Phase 1	136	112	24	-	105	26	5	33
Phase 2	112	88	24	-	86	21	5	27
Phase 3	112	88	24	-	93	18	1	23
Phase 4	112	88	24	-	86	24	2	32
Phase 5	112	88	24	-	82	30	0	39
Phase 6	122	88	24	10	92	27	3	34
Total	706	552	144	10	544	146	16	184

Hydrotherapy class referrals from 7 February 2014 to 31 March 2014

Total number of new referral cases: 20

	Total no. of Enrollment	QEH max capacity: 88	PYNEH max capacity: 24	POH max capacity: 12	Enrolled through self-help groups	Enrolled through HKARF (new comers)	Enrolled through HKARF (repeaters)	No. of new referral cases
Phase 1	124	88	24	12	102	19	3	20
Total	124	88	24	12	102	19	3	20

8 Other Training Programmes funded by Operation Santa Claus

8.1 PT Exercise Class

Physiotherapists supervised Exercise Classes were conducted for patients in our centre **from 20 February 2013 to 8 January 2014:**

	Total no. of participants	New comers	Repeaters	No. of patients with autoimmune disease	No. of new cases referral
Phase 1	14	6	8	14	8
Phase 2	14	6	8	14	8
Phase 3	7	2	5	7	3
Phase 4	12	7	5	12	9
Phase 5	13	8	5	13	11
Phase 6	14	4	10	14	6

Phase 7	15	4	11	15	5
Total	89	37	52	89	50

PT Exercise Classes 2014 from 19 February 2014 to 31 March 2014:

Total number of new cases referral: 12

	Total no. of participants	New comers	Repeaters	No. of patients with autoimmune disease	No. of patients with osteoarthritis	No. of new cases referral
Phase 1	18	8	10	14	4	12
Total	18	8	10	14	4	12

8.2 OT Consultation Service

OT Consultation and Assessment Sessions were held for individual patients **from 1 April 2013 to 31 March 2014:**

Total number of new referral cases:23

Enrolled: 20 Withdrawn: 3

Total number of sessions served: 20

Total number of splints made: 18

Hand	Finger	Leg	Toe	Resting	Working
2	2	0	1	8	5

Current waiting time for new appointment: 2 weeks

8.3 Health Check Day

The first Health Check Day: **20 July 2013**

Total number of participants: 60

Checking items:

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

After completed the above items, dietitian and physiotherapist explained and gave advice according to their results. Simple exercise was taught after the consultation.

The second Health Check Day: **20 October 2013**

Total number of participants: 110

Checking items:

- 1) Bone density
- 2) Uric Acid
- 3) Blood glucose
- 4) Eye pressure

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

8.4 Hypnotherapy Classes

Hypnotherapy Classes were conducted for interested patients in groups from **1 April 2013 to 31 March 2014**:

Total number of cases referral: 23

Total number of withdrawal: 5

Class	Date & Time	No. of Enrollment
2013 Phase 1	13 May – 5 Jun 2013, 7:00pm – 9:00pm	4
2013 Phase 2	20 Jun – 11 Jul 2013, 7:00pm – 9:00pm	8
2013 Phase 3	19 Nov – 10 Dec 2013, 2:30pm – 4:30pm	6
		Total: 18

8.5 Art Therapy Workshop

Art Therapy Workshop was conducted for patients from **1 April 2013 to 31 March 2014**:

Total number of cases referral: 3

No class was organized in 2013.

Total Expenditure during the period 1 April 2013– 31 March 2014

	Approved Cases	Approved Amount
1. Patient Support Fund	104	HK\$ 178,407.40
2. Expensive Drug Support Scheme	23	
3. Emergency Fund	0	HK\$ 0.00
4. Activity Fund	5	HK\$ 14,650.00
5. "Arthritis Buddy" Helpline (Volunteers allowance)		HK\$ 3,570.00
6. "Arthritis Buddy" Helpline (equipment)		HK\$ 846.00
	Net Expense:	<u>HK\$ 197,473.40</u>

Programme supported by OSC

A. PT/OT/hypnotherapy/art therapy

Income: (Started from Sep 2012)

1. OSC Funding	HK\$	382,944.00
2. PT Class 2012 participants' fee	HK\$	8,640.00
3. PT Class 2013 participants' fee	HK\$	13,050.00
4. PT Class 2014 participants' fee	HK\$	5,295.00
5. OT 2012 consultation fee	HK\$	1,250.00
6. OT 2013 consultation fee	HK\$	1,300.00
7. OT 2014 consultation fee	HK\$	450.00
8. Hypnotherapy Group 2012 participants' fee	HK\$	990.00
9. Hypnotherapy Group 2013 participants' fee	HK\$	4,950.00
10. Hypnotherapy Group 2014 participants' fee	HK\$	300.00
11. Art Therapy Group 2012 participants' fee	HK\$	4,200.00
12. Receive reimbursement from patients for purchase equipment	HK\$	8,469.80
	<u>HK\$</u>	<u>431,838.80</u>

Expense:

1. Promotion leaflets	HK\$	20,859.30
2. PT/OT Insurance 2012	HK\$	4,000.00
3. PT/OT Insurance 2013	HK\$	4,000.00
4. OT equipment and materials	HK\$	12,137.00
5. PT equipment and materials	HK\$	14,943.32
6. PT fee 2012	HK\$	13,860.00
7. PT fee 2013 (phase 1-7)	HK\$	27,720.00

8. OT fee (Ms Kristan Leung)	HK\$	11,000.00
9. OT fee (Ms Joy Lau)	HK\$	8,000.00
10. Art therapy materials	HK\$	3,941.52
11. Art therapy refund participants fee	HK\$	5,760.00
12. Hypnotherapy materials	HK\$	2,800.00
13. Hypnotherapy refund participants fee	HK\$	2,160.00
14. Health Check Day (PT fee and equipment)	HK\$	37,600.00
15. PT exercise equipment for participants	HK\$	7,288.00
	HK\$	<u>176,069.14</u>

OCS Funding Remaining (PT/OT):**HK\$ 255,769.66****B. Hydrotherapy****Income: (Started from July 2012)**

1. OSC Funding	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\$	107,740.00
4. OSC - Hydrotherapy program 2014 participants' fee	HK\$	9,690.00
	HK\$	<u>750,620.00</u>

Expense:

1. OSC - Hydrotherapy program 2012 – Insurance	HK\$	3,000.00
2. OSC - Hydrotherapy program 2012 (PT fee Phase 4-6)	HK\$	84,700.00
3. OSC - Hydrotherapy program 2012 (Refund participants fee)	HK\$	480.00
4. OSC - Hydrotherapy program 2012 – QE Pool Rental (ph. 4-5)	HK\$	42,600.00
5. OSC - Hydrotherapy program 2012 – KH Pool Rental (ph.6)	HK\$	22,000.00
6. OSC - Hydrotherapy program 2013 – Insurance	HK\$	3,000.00
7. OSC - Hydrotherapy program 2013 (PT fee Phase 1-6)	HK\$	179,410.00
8. OSC - Hydrotherapy program 2013 – QE Pool Rental (ph. 1-3)	HK\$	67,200.00
9. OSC - Hydrotherapy program 2013 – QE Pool Rental (ph. 4-6)	HK\$	63,700.00
10. OSC – Hydrotherapy program (Storage box at QE)	HK\$	95.90
	HK\$	<u>466,185.90</u>

Funding Remaining (Hydrotherapy):**HK\$ 284,434.10****OSC Total 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 recorded for in the accounts of 2013/14)

Report of the Scientific Committee (2013/14)

Membership of the Committee

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

Training Fellowship & Research Fund Schemes Sub-Committee:

Convener: Prof Cecilia Li
 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 Hong Kong, in the field of Rheumatology to pursue training overseas.

Applicants must be full time medical doctors in rheumatology training or full time allied health professionals including nurses, occupational therapists, physiotherapists, dieticians who are involved in rheumatology service. For trainees, only rheumatology trainees undertaking a supervised training program under the Hong Kong College of Physicians are eligible to apply. The deadline for applications has been set to 30 June every year. There was no application in 2013/14

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:

May 2013 – Gout

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

Appendix

Activity List 2013/14

HKARF Activity List 2013/14

Date	Event	Committee
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: 3,000	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: 5,000	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 No. of participants: 200	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

Date	Event	Committee
7 September 2013	Educational Talk – OA Treatment & Care Speaker: Dr. Gavin Lee Ms Joy Lau (OT) No. of participants: 176	Education Committee
20 October 2013	IAD 2013 Carnival Venue: Nam Shan Estate Basketball Court No. of participants: 1,500	Education Committee
2 November 2013	Educational Talk – RA Treatment & Positive Psychology Speaker: Dr. Ronald Yip Ms Annie Chiang No. of participants: 164	Education Committee
6 Nov 2013 – 16 Apr 2014	Health Column in Hong Kong Economic Times Total no. of articles: 24	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 No. of participants: 74	Education Committee
7 December 2013	Educational Talk – OA Treatment & Surgery Speaker: Dr. Albert Young Dr. Ng Tsz Pui No. of participants: 201	Education Committee
14 December 2013	Seasonal Educational Talk – Scleroderma & Sjogren Syndrome Speaker: Dr. Ma Kai Yiu Dr. Lao Weng Nga No. of participants: 39	Education Committee
December 2013	Newsletter – Arthritis Care Vol. 18 No. of issues: 5,000	Newsletter Sub-committee
21 December 2013	Health talk - Vaccination for arthritis patients Speaker: Dr. Ada Lin Dr. Gavin Lee No. of participants: 80	Education Committee
19 January 2014	Health talk - Myths of using biologic therapies Speaker: Dr. Gavin Lee No. of participants: 80	Education Committee
8 – 9 February 2014	Hong Kong St. John Ambulance Brigade Cadet Command's Carnival Content: Bone density checking Venue: Tsuen Wan	Education Committee
8 – 9 March 2014	Guangzhou Patient Conference Speaker: Ms. Sumbo Wan (PT) Ms. Kristan Leung (OT) Ms. Patsy Chan (Social Worker) No. of participants: 31	Education Committee
16 March 2014	Juvenile Idiopathic Arthritis (JIA) & Rheumatoid Arthritis (RA) Talk Speaker: Dr. Lee Tsz-leung Dr. Ma kai-yiu No. of participants: 61	Education Committee

Date	Event	Committee
22 March 2014	Seasonal Educational talk – SpA, AS & Exercise Talk Speaker: Dr. Yim Cheuk-wan Mr. Elton Ng (PT) No. of participants: 138	Education Committee

*** Below activities list after March 2014 is for reference.*

Date	Event	Committee
26 April 2014	Health Check Day No. of participants: 44 Venue: HKARF Jockey Club Patient Resource & Training Centre	Patient Support Committee
21 May 2014	SLE Press Release & SLE DVD launched	Education Committee
24 May 2014	SLE Treatment and Skin care talk Speaker: Dr. Mimi Chang Dr. Carrel Yu No. of participants: 93	Education Committee
June 2013	Newsletter – Arthritis Care Vol. 19 No. of issues: 5,000	Newsletter Sub-committee
6 Jun – 11 Jul 2014 (Every Friday)	RTHK Programme “精靈一點” interview	Education Committee
14 June 2014	RA Treatment and daily care talk Speaker: Dr. Lee Ka-lai Ms Kristan Leung (OT) No. of participants: 115	Education Committee
12 July 2014	Ultrasound Training Workshop (Cooperated with HKSR) No. of trainees: 8 No. of volunteers: 24	Education Committee
20 July 2014	Arthritis Patient Conference Guest of Honour: Dr. Ko Wing-man Prof Lau Chak-sing Speaker: Dr. Gavin Lee Dr. Carmen Ho Dr. Ada Lin Ms Judy Yu Dr. Ma Kai-yiu Ms. Gladys Kwok Dr. Dexter Leung Dr. Tang Wai-man Ms. Josephine Ho Ms. Pauline Wan No. of participants: 376	Education Committee
August 2014	HKARF 4 th batch Ambassador Election	Education Committee
16 August 2014	Seasonal Talk – Scoliosis treatment and Exercise Speaker: Dr. Michael To Ms Lee Lin (PT) Ms Alice Chiu (PT) No. of participants: 159	Education Committee
September 2014	Newsletter – CHARM Vol. 9 No. of issues: 3,000	Scientific Committee
20 September 2014	PsA Treatment and medication talk Speaker: Dr. Alexander Leung Dr. Anna Yung No. of participants: 89	Education Committee

Date	Event	Committee
4 October 2014	Ultrasound Training Workshop (Cooperated with HKSR) No. of trainees: 8 No. of volunteers: 24	Education Committee
4 – 5 October 2014	Qingyuan hospital visit for China Education Service	China Service sub-committee
19 October 2014	IAD 2014 Carnival Venue: Sun Yat Sen Memorial Park No. of participants: 2,000	Education Committee
2 November 2014	Educational Talk - Treatment on Vasculitis Speaker: Dr. Samson Lee Dr. Chad Tse No. of participants: 104	Education Committee
8 Nov – 20 Dec 2014 (Every Saturday)	Arthritis Self-Management Programme (ASMP) co-organized with CRN starts	Patient Support Committee
14 – 28 Nov 2014	Advertorials on AM730 No. of articles: 6	Education Committee
17 Nov – 5 Dec 2014	New TV infotainment (HD Jade)	Education Committee
6 December 2014	Educational Talk – SLE and Osteoporosis Speaker: Dr. Carrel Yu No. of participants: 45	Education Committee
16 December 2014	Christmas Party for helpline and hydrotherapy programme volunteers No. of participants: 24	Executive Committee
January 2015	Newsletter – Arthritis Care Vol. 20 No. of issues: 5,000	Newsletter Sub-committee
10 January 2015	Seasonal Talk – Gout Speaker: Dr. Ng Woon-leung Ms. Lee Pik-fan No. of participants: 127	Education Committee
24 January 2015	Ultrasound Training Workshop (Cooperated with HKSR) No. of trainees: 8 No. of volunteers: 20	Education Committee

Hong Kong Arthritis & Rheumatism Foundation

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