



Annual Report

周年報告

2015/16

(for the year ended 31 March 2016)

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



CONTENTS

Page

3 Objectives of Foundation

3 Chairman's Message

Governance

5 Honorary Presidents and Honorary Advisors

6 Executive Committee

7 Permanent Committees

Activities Undertaken and Results Achieved

8 Hydrotherapy, Physiotherapy Exercise classes and Occupational therapy

9 Patients Support Fund, Expensive Drug Support Scheme, Emergency Support Fund, Activity Fund

10 Arthritis Buddy Helpline, Newsletters, Education talks

11 Publication, Public relations, Charity Dinner

12 International Arthritis Day Carnival, Musculoskeletal Health Checkup, Collaboration with self-help groups

13 Collaboration with Hong Kong Society for Rehabilitation and Hong Kong Society of Rheumatology, Medical Education for Mainland Medical Professionals

14 HKARF Jockey Club Patient Resource and Training Centre

Financial Report

15 Highlights of financial activities

17 Statement of profit or loss and other comprehensive income

18 Looking ahead

Reports of Permanent Committees

20 Report of the Education Committee

23 Report of the Fundraising Committee

24 Report of the Patients Support Committee

33 Report of the Scientific Committee

Appendix

35 List of Activities 2015/16

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

Having been elected Chairman of the Foundation in 2014, this is my third Annual Report message. I would like to say what a great privilege it is to be working with a remarkable team of committee members, and how much I have enjoyed the opportunity to meet so many dedicated patients and volunteers. Highlights of this financial year (2015/16) include a very successful charity dinner, the first rheumatology education workshop for Mainland Chinese medical professionals, launching of a promotion video featuring 3 touching patients' stories, various financial subsidy schemes for patients, and our much sought-after hydrotherapy and physiotherapy/occupational therapy service.

Like many other small scale non-government charity organizations in Hong Kong, HKARF has been striving to raise fund to support our patients' service. The Foundation was fortunate to have the patronage of over 300 benefactors, who participated in a very successful Charity Dinner held in The Mira Hong Kong on 30th September, 2015. Dr Ko Wing Man, Secretary for Health and Food, officiated at the welcome ceremony. A total of HKD3.19 million was received that night, and a net proceed of HKD2,861,663 was recorded after deduction of necessary expenses. This amount of money will be used for provision of various services for arthritis patients.

Despite a comprehensive and high-quality public healthcare system, some arthritis patients still must purchase expensive medications for treatment of their chronic illness. HKARF has partnered with pharmaceutical companies to subsidize patients to purchase self-financed expensive drugs (Expensive Drugs Support Scheme). During this financial year, a record amount of more than 1 million dollars' worth of medications have been made available to eligible patients. But this may not be enough. The Foundation will continue conducting advocacy on behalf of our patients to ensure that no patient will be deprived of necessary treatment because of prescription affordability.

In 2015/16, we continued our impressive hydrotherapy programme for arthritis patients. Over 4,600 patient-sessions of hydrotherapy were conducted by a team of enthusiastic physiotherapists from both private and public sectors. HKARF runs 12 classes of hydrotherapy in 3 public hospitals every week throughout the year. The program is very popular with our patients because of convenient schedule (evenings and weekends) and low cost (HKD40 per session).

HKARF will celebrate its 15th anniversary in 2016/17. It is in great shape for the future, built by our volunteer committee members and patients. As a medical foundation for arthritis patients, we are growing and have more opportunities than ever before to serve our patients and to advocate their rights in the community.

Dr Chan Tak Hin
Chairman

主席的話

我自 2014 年起出任香港風濕病基金會的主席，迄今已三年。期間，很榮幸能與基金會一眾出色的伙伴、病友及義工一同工作。基金會今年的重點是舉辦了慈善籌款晚宴、製作了以三位病友動人故事的宣傳影片，及首次為國內醫生開辦風濕病科教育工作坊，而各項對病患者的經濟支援計劃、水療練習計劃及物理治療運動課程等都持續進行。

所有服務和資助計劃均需要資源配合，與本港其他小型的非牟利機構一樣，基金會一直有賴各位善長、委員及義工在不同範疇的支持。於 2015 年的慈善籌款晚宴中，基金會非常榮幸邀請到食物及衛生局局長高永文醫生擔任主禮嘉賓，而晚宴在扣除必要開支後共籌得 2,861,663 萬港元，成績令人鼓舞。是次晚會籌得的善款將用於日後各種支援風濕科病人的計劃。

雖然醫療體制不斷改進，但仍有不少風濕科病人需要自費購買昂貴藥物以治療病症。為此，基金會與藥廠合作，開展了「昂貴藥物支援計劃」，以減輕病人的財政負擔。在 2015 年，計劃的申請者共獲折合逾一百萬港元的藥物資助。基金會將繼續努力，確保病人不會因為無法應付高昂的藥物開銷，而被迫放棄必要的治療。

在 2015/16 年間，基金會亦繼續與三間政府醫院以及物理治療師合作，以優惠的價錢（每堂 40 元），開辦有助風濕科病人康復的水療運動課程。課程每期 12 班，全年合共逾 4,600 名病人受惠。

有賴善長人翁、基金會委員、義工及病友多年來無私的付出和貢獻，基金會於 2016/17 年邁進第 15 個年頭，期望未來，基金會能幫助和支援更多風濕科病人，及進行更多病人權益的倡議工作。

主席
陳德顯醫生

GOVERNANCE

Honorary Presidents:

Dr. David FANG, SBS, JP

方津生醫生

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

劉澤星教授 (創會主席)

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

Dr. CHO Kwai-chee (Town Health Corporate Advisory and Investments Ltd.)

曹貴子醫生

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

周肇平教授

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

朱孟怡博士

Dr. Margaret CHUNG (Regeneration Society)

鍾惠玲博士

Dr. Emily KUN (Tai Po Hospital)

靳惠蓮醫生

Mrs. Linda LAU

劉洪文燕女士

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

劉宇隆教授

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

李繼堯醫生

Dr. LEE Tsz-leung (Hospital Authority)

李子良醫生

Prof. Cecilia LI-TSANG (The Hong Kong Polytechnic University)

李曾慧平教授

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

李國銘教授

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

勞玉儀女士

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

伍杏修先生

Mr. Peter POON (Hong Kong Society for Rehabilitation)

潘經光先生

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

黃煥星醫生

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

容永祺先生

EXECUTIVE COMMITTEE



Dr. CHAN Tak-hin
Chairman
陳德顯醫生



Mr. CHAN Kar-lok
Vice-chairman
陳家樂先生



Dr. LEE Ka-wing, Gavin
Vice-chairman
李家榮醫生



Dr. NG Kam-hung, Daniel
Hon Secretary
吳錦鴻醫生



Mr. Stanley KWOK
Hon. Treasurer
郭偉良先生



Ms Elsa CHEUNG
Hon. Legal Advisor
張惠嫻律師



Ms. CHAN King-chu
陳琮珠女士



Dr. CHENG Hang-cheong
鄭亨昌醫生



Ms. Pauline CHENG
鄭寶花女士



Mr. Andy HO
何安達先生



Dr. LEE Ka-yan, David
李家仁醫生



Ms. Christine LEUNG
梁綺薇女士



Dr. MOK Mo-yin, Temy
莫慕賢醫生

Honorary Auditor:

Teamway & Partners 天永會計師行

PERMANENT COMMITTEES

Education Committee

Convener:	Dr. LEE Ka-wing, Gavin	李家榮醫生
Members:	Ms. Patsy CHAN	陳啓盈女士
	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:	Ms. Pauline CHENG	鄭寶花女士
	M. Andy HO	何安達先生
	Mr. Stanley KWOK	郭偉良先生
	Mrs. Linda LAU	劉洪文燕女士
	Dr. LEE Ka-yan, David	李家仁醫生
Ex-officio:	Dr. CHAN Tak-hin	陳德顯醫生

Patients Support Committee

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

Scientific Committee

Convener:	Dr. MOK Mo-yin, Temy	莫慕賢醫生
Members:	Dr. LEE Tsz-yan, Samson	李梓恩醫生
	Prof. LI TSANG Wai-ping, Cecilia	李曾慧平博士
	Mr. MA Chun-ho Oliver	馬俊豪醫師
	Mr. WONG Kai-chung, Vincent	黃啟宗先生
	Ms. WONG Kit-yee, Lavinia	黃潔怡女士
	Dr. YAN Chun Hoi	忻振凱醫生
	Ms. YIP Ka-huen	葉家瑄女士
Ex-officio:	Dr. CHAN Tak-hin	陳德顯醫生

ACTIVITIES UNDERTAKEN AND RESULTS ACHIEVED

工作與成就

Hydrotherapy 風濕科水療練習計劃



HKARF started running hydrotherapy program for patients suffering from chronic inflammatory arthritis in 2008. This service is one of the most popular programs and we have expanded the scope of the service from 4 classes a week initially to 12 classes a week.

基金會於 2008 年開展「風濕科水療練習計劃」，而此課程亦成為最受病人歡迎的服務，因此由最初的一星期四堂擴展至現在一星期十二堂。

Targets: Patients suffering from inflammatory arthritis

對象：慢性風濕病患者

	<u>2014/15</u>	<u>2015/16</u>
Sessions 節數:	564	512
No. of patient-session 人次:	5,292 (349 individual patients)	4,659 (275 individual patients)

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

HKARF introduced group physiotherapy classes for patients suffering from musculoskeletal disease in 2013. Three exercise classes are conducted in the HKARF Jockey Club Patient Resource & Training Centre every week

基金會在 2013 年於賽馬會病人資源及訓練中心新增專為風濕關節病患者而設的運動課程，每星期共有三班。

Targets:

Patients suffering from degenerative arthritis (osteoarthritis) and inflammatory arthritis

對象：退化性關節炎及慢性風濕病患者



	<u>2014/15</u>	<u>2015/16</u>
Sessions 節數:	147	126
No. of patient-session 人次:	935 (60 individual patients)	662 (45 individual patients)

Occupational Therapy 職業治療

Occupational therapy service has been held in the HKARF Jockey Club Patient Resource & Training Centre since 2013. The therapists educate patients on joint protection skills and prescribe simple tailor-made splints.

職業治療服務於 2013 年在中心開始，職業治療師會為個別為病人教導關節保護技巧，及為有需要的患者製作簡單的復康支架。

Targets: Patients suffering from pain and deformity due to inflammatory arthritis

對象：患有慢性風濕病而有關節疼痛或變形的患者

	<u>2014/15</u>	<u>2015/16</u>
Sessions 節數:	4 per month (每月四節)	4 per month (每月四節)
No. of patient-session 人次:	23 per year (每年 23 人次)	34 per year (每年 34 人次)

Patients Support Fund 風濕病患者支援基金

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.

基金會提供每年 9,000 元上限的直接經濟支援，供有需要的風濕病患者購買自費處方藥物及復康用品。

	<u>2014/15</u>	<u>2015/16</u>
No. of beneficiaries 受惠人數:	36	32
Average subsidy amount 平均資助額:	HK\$4,992 per patient	HK\$4,252 per patient
Total subsidy amount 總支援金額:	HK\$179,726	HK\$136,083

Expensive Drug Support Scheme 昂貴藥物支援計劃

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. In 2015, there are total 7 medications under the scheme, in which nearly all biologics are in the list for patients to apply.

基金會一直與各藥廠合作為有需要的風濕病患者提供優惠，以購買指定自費昂貴處方藥物。2015 年，計劃下的藥物增至七種，其中包括大部份常用的生物製劑。

	<u>2014/15</u>	<u>2015/16</u>
No. of beneficiaries 受惠人數:	32	34
Total cost of subsidised medications 總支援藥物金額:	HK\$877,740	HK\$1,138,527

Emergency Support Fund 風濕病患者緊急援助基金

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

基金會為有突發需要的風濕病患者提供一筆過 5,000 元為上限的緊急援助。

Activity Fund 風濕病患者活動資助計劃



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

每個病人自助組織每年可申請上限 5,000 元的活動資助，以籌辦社交或教育活動。

	<u>2014/15</u>	<u>2015/16</u>
No. of grants approved 已批資助數目:	4	5
No. of beneficiaries 受惠人數:	626	1,102



Arthritis Buddy Helpline 風知己朋輩電話熱線

HKARF runs a telephone hotline manned by volunteers four days per week to answer queries from the public. A training workshop on counselling will be held in 2016 in order to help the volunteers to recapitulate their counselling knowledge.

基金會的「風知己朋輩電話熱線」一星期四天運作，由受訓病友義工接聽以解答來電者的查詢及疑問。為了加強義工的情緒支援技巧及重新檢視服務，將於 2016 年為他們再提供訓練課程。

	<u>2014/15</u>	<u>2015/16</u>
No. of telephone inquiry 查詢電話數目:	267	154

Newsletters 基金會會訊



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

關懷會訊每年出版兩期，為大眾及病患者提供有關基金會的活動資訊及消息；而每年出版一期的英文會訊 CHARM，每期會集中討論一種風濕關節病的治療及處理，讓醫護人員能了解不同範疇專業如何幫助患者。

Education Talks and Patient Conference 健康教育講座及病人研討會

HKARF organises regular education talks to raise awareness of rheumatic disease in the community and to provide correct information to those with the disease. Talks are held in different districts throughout Hong Kong, hoping to reach more people.

基金會每年皆會舉辦健康教育講座，以提高社會對風濕病的認識，及為患者提供正確的病科資訊。講座在各區的禮堂或演講廳進行，希望能夠接觸更多市民。

	<u>2014/15</u>	<u>2015/16</u>
Total number of talks 講座數目:	7	11
No. of beneficiaries 受惠人數:	729	1447
No. of participants in Patient Conference 研討會參加人數:	376	-





Publication 出版病症及藥物資訊

HKARF produces education videos and booklets on different chronic rheumatic diseases to provide up-to-date disease related information to the public and patients.

除了網上資訊外，基金會製作了一系列的病科資訊教育光碟，同時也逐步更新不同主題的資訊小冊子，以提供最新病症資訊。

DVD (Also available for viewing on Foundation website)

SLE 紅斑狼瘡

Published in 2013 (2013 年出版)

AS 強直性脊椎炎

Published in 2014 (2014 年出版)

PsA 銀屑病關節炎

Published in 2015 (2015 年出版)

RA 類風濕性關節炎

Published in 2015 (2015 年出版)

PT/OT 物理治療及職業治療

Published in 2016 (2016 年出版)

Public relations 媒體宣傳

HKARF promotes its activities and arthritis information to the general public and patients through electronic and printed media channels. A new promotion video was launched officially at the Charity Dinner in September 2015. Three patients with different rheumatic diseases shared their heart-rending but stimulating stories about living with the illness with positive attitude.



基金會透過不同大眾傳播媒介宣傳基金會的活動及為公眾提供正確的病症資訊。今年製作新的宣傳短片並在慈善晚宴正式播出，片中三位病友患有不同風濕病，均分享他們如何以正面態度對抗艱難的患病經歷。

Charity Dinner 萬眾關懷風濕病慈善晚宴

The Charity Dinner was held successfully on Wednesday, 30 September 2015 at the Mira Hotel Ballroom. A total of 300 guests turned up to support the event. Total donations and income amounted to \$3.19 million, and a net proceed of \$2,861,663 to support our patients' service was recorded after deduction of necessary expenses.

慈善晚宴於 2015 年 9 月 30 日在美麗華酒店宴會廳圓滿舉行，當晚共 300 位善長出席支持，共籌得\$3,190,000 善款，扣除成本開支後淨收善款為\$2,861,663。



International Arthritis Day Carnival 風濕緩痛嘉年華



A carnival was held at Lei Yue Mun Plaza, Yau Tong on Sunday, 25 October 2015, to commemorate World Arthritis Day. 2,000 participants joined us that day for an enjoyable and fun-filled afternoon.

響應國際風濕病日的「風濕緩痛嘉年華」於 2015 年 10 月 25 日在油塘鯉魚門廣場舉行，當日有約 2,000 位參加者參加，各項表演及攤位讓他們渡過了一個愉快及充實的下午。



Musculoskeletal Health Checkup 健康檢查日

HKARF organises regular health checkup in different regions. This year, the checkup was held at Community Rehabilitation Network Tai Hing Centre to serve the local residents in Tuen Mun. Eye pressure measurement and blood uric acid test were offered to assess risk of glaucoma and gout, respectively, for the participants.

基金會定期在不同地區舉辦健康檢查日，本年度在香港復康會社區復康網絡大興中心舉行，以服務當區的市民。活動提供眼壓、尿酸等檢查，讓參加者知道自身的健康狀況，及患上高眼壓和痛風症的風險。



	<u>2014/15</u>	<u>2015/16</u>
No. of health checkup 健康檢查日次數:	1	1
No. of participants 參加者人數:	44	59

COLLABORATION WITH SELF-HELP GROUPS

與病人自助組織的合作



HKARF organises educational events regularly in collaboration with all the rheumatic disease self-help groups. Currently, secretarial staff of three self-help groups, Hong Kong Ankylosing Spondylitis Association (HKASA), Hong Kong Rheumatoid Arthritis Association (HKRAA), and Hong Kong Psoriatic Arthritis Association (HKPsAA), are working at our Centre.

基金會所舉辦的公眾教育活動都與風濕科的病人自助組織合作，目前香港強脊會、毅希會及銀屑護關會的職員皆在基金會的中心辦公。

Train the trainer workshop 領袖傳承工作坊



The Foundation recognises that self-help groups play an important role in providing peer support for arthritis patients. A follow-up workshop was held on 3 September 2015 at the Centre. 32 participants from different self-help groups took part in this workshop. Skills on managing self-help groups were presented and participants shared their experience on running of their organisations. Members also suggested topics for discussion in the future, including team building, peer counselling training, and presentation skills teaching.



病人自助組織在朋輩支援方面扮演非常重要的角色，因此基金會舉辦相關工作坊，讓他們能互相討論及學習。「領袖傳承工作坊」於 2015 年 9 月 3 日在基金會中心舉行，共有 32 位來自各個組織的執委參加。透過是次工作坊，我們能了解病友的需要及他們感興趣的主題，因此將於 2016 年開展有關團隊建設、朋輩輔導技巧及演說技巧等工作坊。

COLLABORATION WITH THE HONG KONG SOCIETY FOR REHABILITATION

與香港復康會的合作

HKARF has been working closely with Community Rehabilitation Network (CRN) of the Hong Kong Society for Rehabilitation in many of our projects. A new “Arthritis Self-Management Programme” was launched in 2015. There were 65 newly diagnosis patients participated this programme in the year of 2015/16.

基金會一直以來都與香港復康會社區復康網絡緊密合作，同共籌辦不同的公眾教育活動。自 2015 年開始，我們更合作開展全新風濕科自我管理課程「關節・我自理」，讓風濕病患者學習自我管理技巧。2015 至 16 年度共有 65 位新確診病患者參加此課程。

COLLABORATION WITH THE HONG KONG SOCIETY OF RHEUMATOLOGY

與香港風濕病學學會的合作

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

Dr Philip Li, a trainee of rheumatology, was awarded the scholarship in 2016 for his overseas training in allergy, clinical immunology and immunodeficiency.

基金會與香港風濕病學學會設立了訓練獎學金，獎勵有志到海外進修的醫生及專職醫護人員，學習最新的醫療技術，以造福香港的風濕病患者。

實習風濕科專科李曦醫生於 2016 年獲頒獎學金，其海外進修項目是有關敏感學與臨床免疫學的應用。

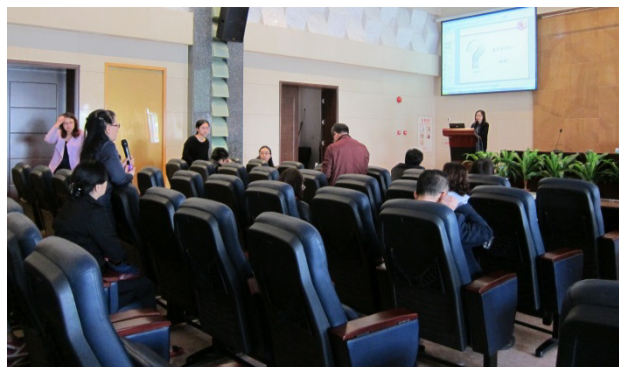
HKARF Rheumatology education for Mainland medical professionals 中國風濕科教育系列



There is a high demand for physiotherapy and occupational therapy training in mainland China. Doctors practising outside big cities require training in the latest medical and surgical knowledge in arthritis care. The Foundation and the Hong Kong Society of Rheumatology organised a two-day training workshop for the medical and nursing staff of Qingyuan People's Hospital in April 2015. Doctors, nurses, and therapists from Hong Kong

and Qingyuan shared their experience and difficulties encountered when managing patients with rheumatic disease. The workshop was very well received by the hospital staff.

近年國內的醫護人員對於物理治療、職業治療、和最新的風濕病醫療資訊的需求很大。我們希望透過為醫護人員提供簡單易明的風濕病資訊及管理教育，以改善國內對風濕病患者照顧的水平，讓醫護人員明白及時為病患者轉介至專科醫生及醫院的重要性。基金會和香港風濕病學學會在 2015 年 4 月到清遠市人民醫院舉行了一個為期兩天的研討會，在是次研討會上，香港和清遠市的醫護人員交流了很多治療風濕病的心得。



HKARF JOCKEY CLUB PATIENT RESOURCE AND TRAINING CENTRE

香港風濕病基金會賽馬會病人資源及訓練中心

HKARF Jockey Club Patient Resource and Training Centre in Nam Shan Estate, Sham Shui Po, was officially opened in October 2012.

HKARF organises a range of services to patients in the Centre and the Centre has become the home away from home of our volunteers and patients. The patient self-help groups also hold talks, yoga class, painting class and handicraft art class in the centre.

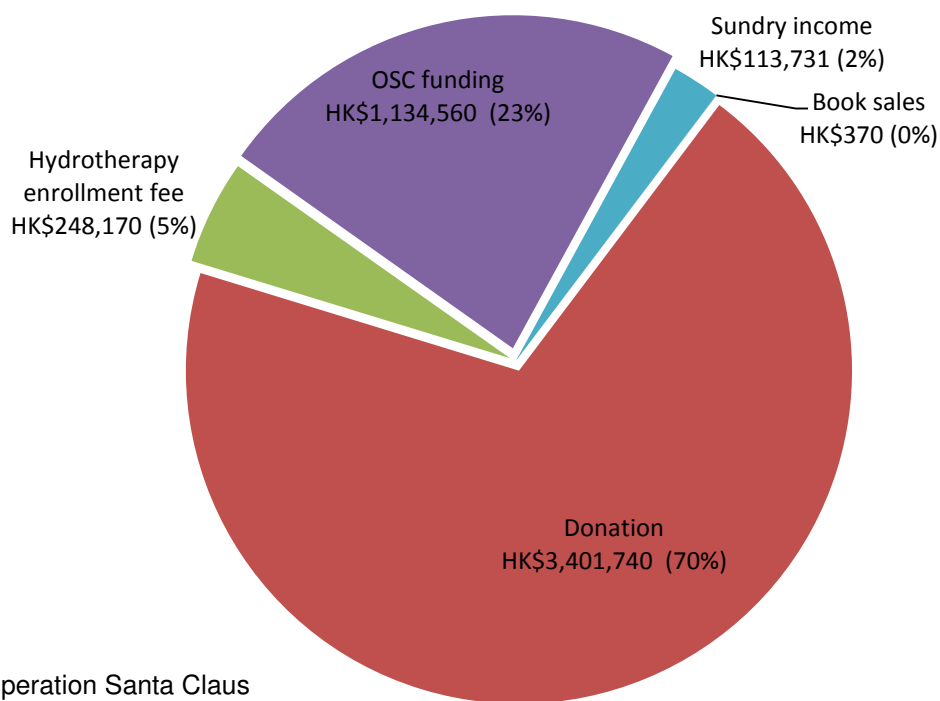
香港風濕病基金會賽馬會病人資源及訓練中心於 2012 年 10 月開幕。中心座落在深水埗南山邨內。基金會於中心內提供不同的服務，使中心成為風濕病患者的第二個家。此外，風濕科病人自助組織亦會於中心內舉辦不同的講座、瑜伽班、畫班及興趣班等，讓患者能透過參加活動及建立興趣，以舒緩痛楚及壓力。



FINANCIAL REPORT

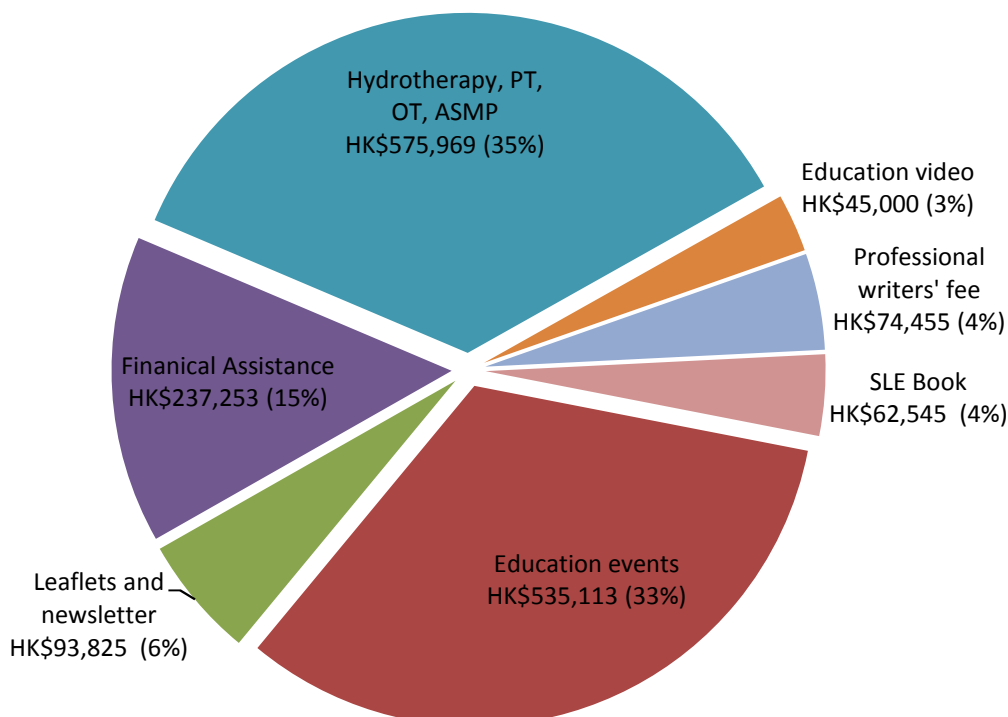
HIGHLIGHTS OF FINANCIAL ACTIVITIES (for the year ended 31 March 2016)

Income (Total HK\$4,898,571)



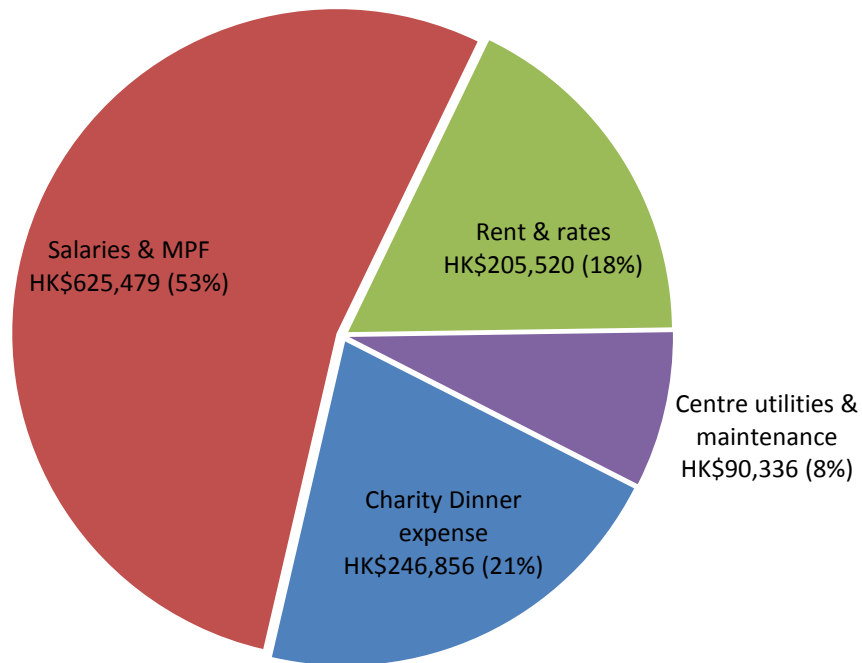
* OSC: Operation Santa Claus

Patients' Service Expenditure (Total HK\$1,624,160)



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

Administrative Expenditure (Total HK\$1,168,191)



Duties of staff by percentage of time spent at work:

Executive Officer (EO)

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

Programme Officer (PO)

Administration Work	15%
Public Education	35%
Fund-raising	5%
Funding Application	25%
Reply enquiry	10%
Patient Service	10%

Administration Assistant (AA) - Part-time

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

**STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME
FOR THE YEAR ENDED 31 MARCH 2016**

	2016	2015
	<u>HKD</u>	<u>HKD</u>
INCOME		
Book sales	370	3,180
Dividend income	-	5,220
Donation income	207,740	70,170
Donation income from Jockey Club	-	471,314
Hydrotherapy income	248,170	210,705
Gain on disposal of available-for-sale financial assets	-	40,786
OSC Project income	1,134,560	30,890
Sponsorship income	3,194,000	887,180
Sundry income	113,731	146,087
	4,898,571	1,865,532
EXPENSES		
Activities expenses	535,113	231,946
Bank charges	240	690
Books production costs	62,545	-
Cleaning	20,300	17,394
OSC Project expenses	575,969	541,244
Depreciation	286,032	286,032
DVD Production Cost	1,477	170,000
Grant to patients	237,253	306,124
Insurance	13,626	3,750
Mandatory provident fund	28,184	32,141
Professional fee	-	19,378
Printing and postage	93,825	125,166
Public education expense	137,000	63,000
Rent and rates	205,520	153,720
Repairs and maintenance	15,050	20,710
Salaries and allowances	597,295	574,800
Sundry expenses	27,922	10,560
Travelling	874	2,511
Telecommunications	13,574	18,328
Utilities expenses	13,490	13,653
	2,865,289	2,590,847
SURPLUS / DEFICIT FOR THE YEAR	2,033,281	(725,315)

LOOKING AHEAD

The Foundation will celebrate its 15th Anniversary in 2016/17. While our initial service comprised mainly of educational talks for public and patients, our scope of service has expanded over the years to include financial subsidy and provision of physical therapy for arthritis patients. While we will continue collaborating with the Hong Kong Society of Rehabilitation (HKSR) and self-help groups to serve our patients, we also envisage several new endeavours in the next 2 to 3 years.

HKARF was selected as one of the beneficiaries of Operation Santa Claus (OSC) for the third time in 2016. This funding will enable us to continue running the very popular hydrotherapy service. The Foundation will roll out another two exercise programs for patients, namely, Laughter Yoga and Floor Curling. Laughter Yoga, which involves stretching, chanting, clapping, and body movement, helps patients to break down inhibitions and to develop feelings of 'childlike playfulness'. Meanwhile, Floor Curling is an adaptive version of curling, the official sport in Winter Olympic Games. It can be played by people of all ages and abilities, even for those using the wheelchairs. Apart from improving physical wellbeing, the game enables participants to develop mutual trust through teamwork.

The Foundation looks for opportunities to utilize new media channels to disseminate information to patients and public. The official Facebook page (www.facebook.com/hkarf.fanpage) was launched in August 2016. We hope we will be able to reach out to a more diversified group of people through social media. Posts on patients' stories, joint protection tips, disease information, and events promotion will be published regularly.

HKARF will continue expanding its scope of service on hydrotherapy, physiotherapy, occupational therapy, educational events, and financial subsidy, which has served hundreds of patients every year. As a medical foundation for arthritis patients, HKARF will be influential and instrumental in improving the care and quality of life of rheumatic disease patients in Hong Kong.

展望將來

踏進 2016 年，基金會便走到第 15 個年頭，回想起最初以舉辦教育講座為要務，工作隨年擴展，涵蓋的範疇愈來愈多，如各種對病患者的經濟支援計劃以及復康治療運動課程等等，受益者眾。未來幾年，除了繼續與香港復康會社區復康網絡及病人自助組織合作為病友服務外，基金會亦繼續發掘並為大眾提供更多元化的服務。

基金會很榮幸能在 2016 年第三度蟬獲「愛心聖誕大行動」資助舉辦一系列課程，例如一直備受歡迎的水療運動課程。此外，基金會亦將於 2017 年春季開辦兩個全新課程——大笑瑜珈及地板冰壺。大笑瑜珈課程內容豐富，透過唱遊、拍掌及簡單的舞蹈動作，緩解參加者緊張的身心，重拾快樂。而地板冰壺則是從冰壺演化而來的團體運動，賽制簡單，不限年齡和能力，亦無時間及場地限制，除了可以作為訓練的運動外，亦能使參加者學習從訓練活動中與隊友建立互信。

在資訊傳播方面，基金會正嘗試以不同渠道向大眾傳遞病科資訊。基金會的官方面書專頁正式於 2016 年 8 月成立（www.facebook.com/hkarf.fanpage），各種如風濕科病友的故事、護理關節的要點、病科資訊，以及活動推廣等訊息亦將會在此平台上定時發放。基金會亦希望能透過網絡平台接觸更多不同界別的人士，使更多人關注風濕病。

未來，基金會將繼續開辦各類的治療課程及教育講座，亦會增加病人財務資助計劃的種類，並為大眾提供各類所需的服務。作為風濕科的非牟利機構，基金會將鍥而不捨，繼續努力，幫助病人及大眾創建更美好的生活和社會。

Reports Of Permanent Committees

Education Committee

Fund-raising Committee

Patient Support Committee

Scientific Committee

Report of the Education Committee (2015/16)

1) International Arthritis Day 2015 – Carnival

To celebrate the 2015 International Arthritis Day, a Carnival was held at Lei Yue Mun Plaza in Yau Tong on 25 October, 2015. There were 6 game booths, 1 information counter and 1 booth for simple health check by CRN. The Volunteer Award ceremony was held to express the Foundation's gratitude to the helpful and active volunteers. Song performance by rheumatic patients was followed. Then, Dr. David Lee (Siu-ming) shared his new songs, particularly "Joint Health" to disseminate the correct information related to arthritis and rheumatism. More than 2,000 participants turned up for the event. A series of educational talks on different arthritic diseases as well as physiotherapy exercises demonstration were conducted. All the attendees enjoyed the game booths, particularly the demonstration of joints exercises. The total expenditure for the event was \$64,475.80.

2) Educational Talks

2.1 Seasonal Public Talk Series

A series of Talks on specific arthritis diseases was held each season throughout 2015-2016. The talks were organised with the assistance of the Community Rehabilitation Network of the Hong Kong Society for Rehabilitation, together with the related Patients Self-Help Groups. To defray expenses each talk was sponsored by a pharmaceutical company to cover all promoting and logistics costs. The details of the talks were as follows:

a) Cardiovascular Disease & Rheumatism (2015 Season 1)

Date: 18 April 2015

Venue: Auditorium, Christian Family Service Centre

Speaker: Dr. Chan Tak-hin, Dr. Chan Chi-kin

No. of participants: 160

b) Healthy Eating Trips for Arthritis (2015 Season 2)

Date: 25 July 2015

Venue: Room1001-1003, Hong Kong Federation of Youth Groups

Speaker: Ms. Chan Bik-ki, Prof. Linda Zhong (registered Chinese medicine practitioner)

No. of participants: 144

c) Joint Protection and Training (2015 Season 3)

Date: 5 September 2015

Venue: Hall, Duke of Windsor Social Service Building

Speaker: Ms. Kristan Leung (OT), Ms. Jonah Chung (PT)

No. of participants: 227

d) Vaccination for Arthritis Patients (2015 Season 4)

Date: 7 November 2015

Venue: Auditorium, Christian Family Service Centre

Speaker: Dr. David Lung, Ms. Judy Yu

No. of participants: 87

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 6 talks were held during the year:

- a) Systemic Lupus Erythematosus (SLE) Talk – Cervical abnormalities in SLE
Date: 31 May 2015
Venue: Chiang Chen Studio Theatre, The Hong Kong Polytechnic University
Speaker: Dr. Priscilla Wong, Dr. Grace Wong
[No. of participants: 99](#)
- b) Educational Talk – Dermatomyositis & Juvenile dermatomyositis
Date: 2 August 2015
Venue: Seminar Room 1, Hospital Authority Building
Speaker: Dr. Chong Chun-yi, Dr. So Ho
[No. of participants: 53](#)
- c) Educational Talk – Back pain
Date: 15 August 2015
Venue: Lecture Theatre, Hospital Authority Building
Speaker: Dr. Yvonne Ho, Dr. Chester Lie
[No. of participants: 228](#)
- d) Educational Talk – OA Treatment and Surgery
Date: 12 September 2015
Venue: Auditorium, Christian Family Service Centre
Speaker: Dr. Albert Young, Dr. Chester Lie
[No. of participants: 264](#)
- e) Educational Talk – Behect's disease
Date: 28 November 2015
Venue: Seminar Room 1, Hospital Authority Building
Speaker: Dr. Helen Chan
[No. of participants: 52](#)
- f) Rheumatoid Arthritis (RA) Talk - Treatment and Diagnosis
Date: 6 December 2015
Venue: Auditorium, Christian Family Service Centre
Speaker: Ms. Gladys Kwok, Dr. Stella Wong
[No. of participants: 92](#)
- g) Psoriatic Arthritis (PsA) Talk – PsA and Skin Care
Date: 9 January 2016
Venue: Auditorium, Christian Family Service Centre
Speaker: Dr. Gavin Lee, Dr. Johnny Chan
[No. of participants: 41](#)

3) **DVD Production – PsA, RA & PT/OT**

Starting from 2014, the Foundation produced several disease documentary DVDs, each with a specific theme on rheumatic disease. SLE and AS DVDs were released in last fiscal year. With the sponsorship of AbbVie Limited and Pfizer Corporation Hong Kong Limited respectively, PsA and RA DVDs were launched on September and December 2015. 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. 2,000 copies of each issue would be distributed to arthritis patient self-help groups, hospitals, and any interesting parties upon request.

Other than disease knowledge, a need on rehabilitation information was observed. An educational DVD on Physiotherapy (PT) and Occupational Therapy (OT) was produced with the sponsorship by four pharmaceutical companies including AbbVie Limited, Bristol-Myers Squibb Pharma (HK) Limited, Roche Hong Kong Limited and UCB Pharma (HK) Limited. The DVD demonstrated some simple and practical PT exercises as well as common PT treatment to help patients in relieving pain. OT part illustrated correct information on joint protection to prevent deformity. The DVD was launched in January 2016 with 5,000 copies.

4) **SLE Book**

The Foundation planned to publish a Chinese book focusing on SLE for patients and general public. It would include basic disease information of SLE, sharing of medical and allied health professionals and several patient stories. During which the professionals would discuss the details of disease from symptoms, risk factors, diagnosis to treatment while the patients would share their stories and feelings in fighting against the disease. It was expected to be published in early 2017 with 3,000 copies by Cosmos Books Limited. The total expenditure for the publication was \$119,000. Preparation work started in the year 2015/16. Specialists from different aspects and patients were invited to be interviewed.

5) **Train the trainer workshop**

A 2nd train the trainer workshop was held on 3 September 2015 at the Foundation centre. There were 32 participants. Core members and potential successor of patient self-help groups as well as representatives from mainland patient groups were invited to discuss the possibilities and difficulties of promoting “mutual aid” and “peer support” among patients. At the beginning, Ms. Joyce Man and Ms. Maggie Lo, registered social workers of CRN led all participants to do Laughter yoga as a warm-up exercise. Then, they facilitated the participants to review their groups’ current services and see if mutual aid and peer support were practiced effectively. All understood the importance of the two elements and hoped there would be advanced training workshops to further improve their counselling skills in 2016.

6) **Disease Informative Booklet**

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

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

Two issues of the bi-annual Foundation Newsletter were published in July 2015 and January 2016 respectively. These Newsletters covered the latest news of the Foundation, as well as updated information on patient support activities and educational materials. 5,000 copies of each issue were distributed to arthritis patient self-help groups, members of Hong Kong Society of Rheumatology, donors, volunteers, hospitals and other related organizations.

Report of the Fundraising Committee (2015/16)

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 there were 11 public talks held and 3 new disease documentary DVDs launched in 2015/16, the publicity of the Foundation did raise and let the public have a clear understanding of the Foundation's works and also attract more donors. In 2015/16, the general donation to the Foundation was HK\$172,212.

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\$2,500 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. In 2015/16, the donation collected was HK\$16,956.80

4) PayPal Online Donation Platform

Nowadays internet was a part of our daily life, it was convenient for donors to make donation online. Thus, the Foundation joined PayPal platform provided a secure and easy method for donation since March 2013. In 2015/16, the donation collected was HK\$16,071.10.

5) Charity Dinner 2015

The Foundation's Charity Dinner was held on 30 September 2015 at the Mira Hotel Ballroom. This turned out to be extremely successful and a record total of 300 guests turned up to support the event. All enjoyed the ambience and cozy extravagance of the luxuriously decorated banquet hall and the fine dining as well as the exciting programmes prepared for the evening, including the superb performance of singing by famous artist Joe Junior. Total donations and income amounted to \$3.19 million, and a net proceed of \$2,861,663.00 was recorded after expenses.

6) New Promotion Video

To match up the promotion of Charity Dinner as well as the promotion strategy of the Foundation, a new video named "Unspeakable Pain" was produced and launched officially at the Dinner. Three patients with different rheumatic diseases were invited to share their difficulties and pain when fighting against the illness. Their unique experience and positive attitude in facing the disease highly impressed the audience, further enhanced their understanding on these disorders.

Report of the Patients Support Committee (2015/16)

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

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

It was fortunate that the Foundation was the beneficiary of Operation Santa Claus (OSC) again. The total donation amount was HK\$1,100,000 which would support the operation of hydrotherapy programme, Physiotherapy exercise classes, Occupational Therapist consultation service and Arthritis Self-Management program from March 2015 to February 2018. Those exercise programmes were highly popular which helped patients relieve pain and improve their chronic condition. At the same time, the revised Arthritis Self-Management program educated patients the correct disease information and promoted their acceptance of illness.

1 Patient Support Fund

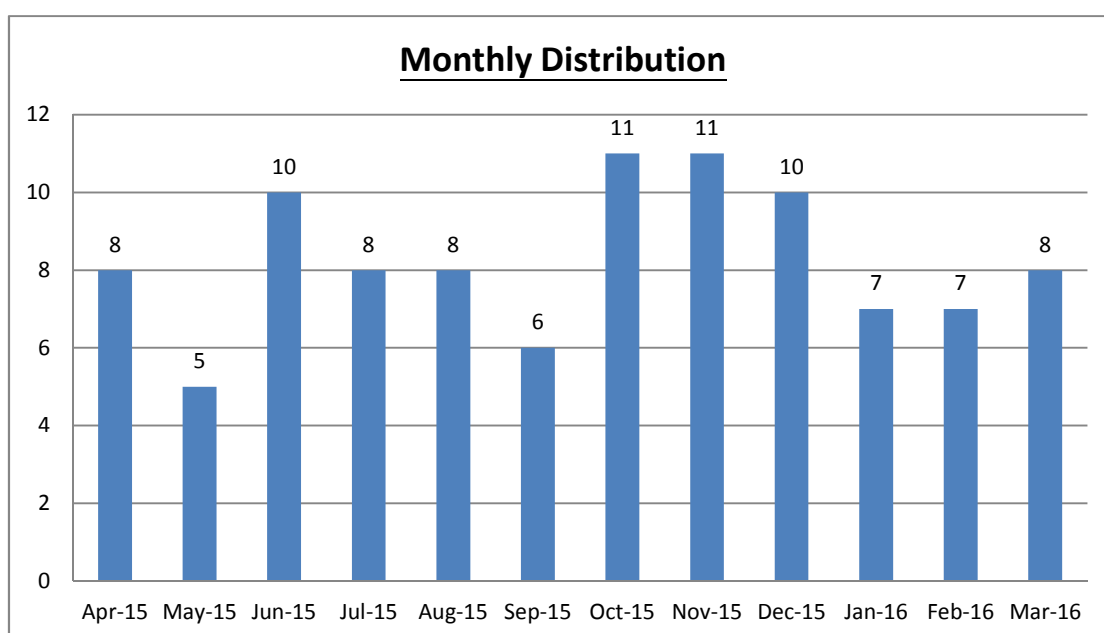
The aim of the Patient Support Fund is to provide financial assistance to needy patients to procure medications, including non-government subsidized medications, to purchase devices for arthritis rehabilitation, and to arrange for necessary home modifications. The applicant must be a Hong Kong resident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

1.1 Total approved applications and amount from 1 April 2015 to 31 March 2016:

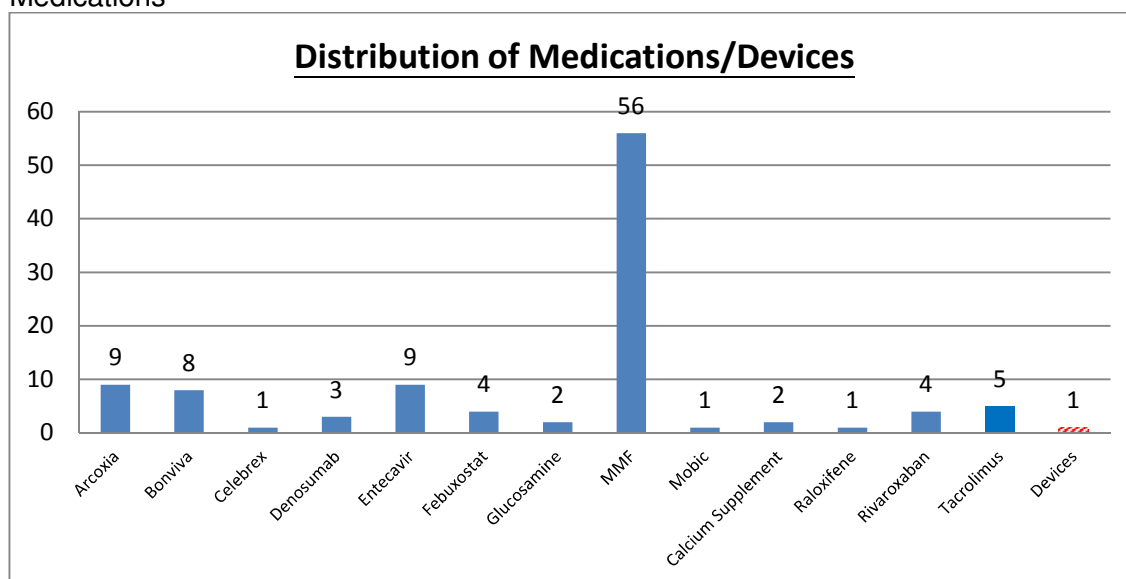
Total number of application received:	99	Approved:	99
		Rejected:	0

Total amount:	HK\$ 136,083.80
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Total no. of patients benefited:	32 (8 new patients)
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1.2 Medications

2 **Expensive Drug Support Scheme**

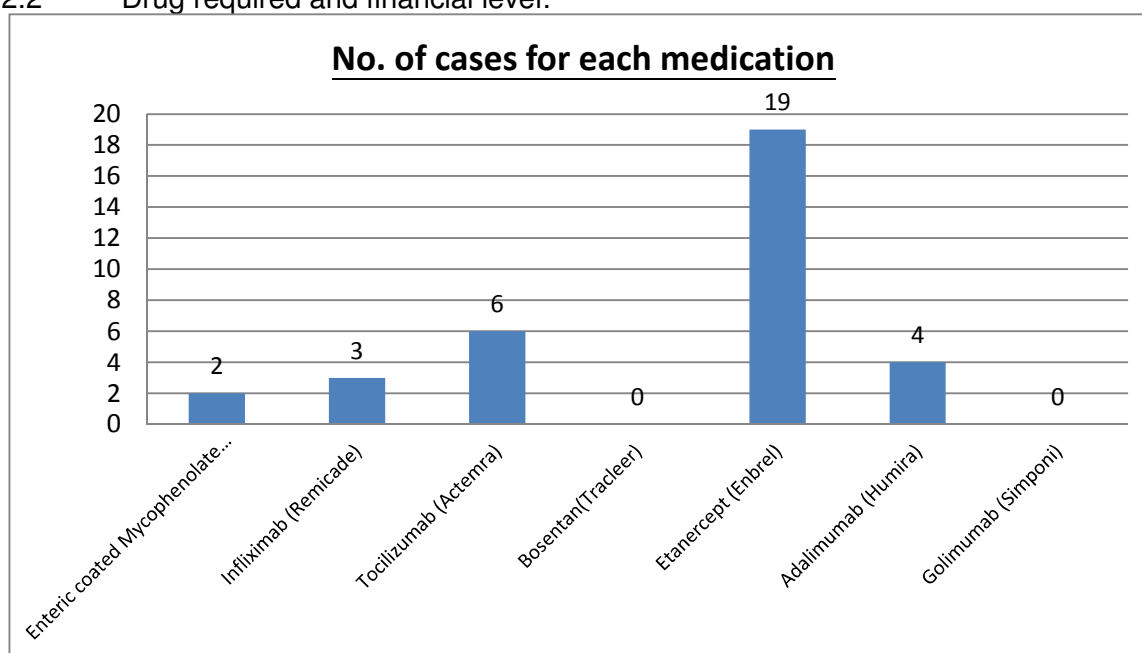
The HKARF also partnered with pharmaceutical companies to provide, through the Foundation's referrals, expensive drugs, particularly the expensive biological drugs, to needy patients at a much reduced price. No direct financial subsidy was provided by the Foundation. This year, the ADFR (Annual Disposable Financial Resources) limit of existing drugs was renewed to benefit more patients. The 7 drugs under the scheme were listed below:

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

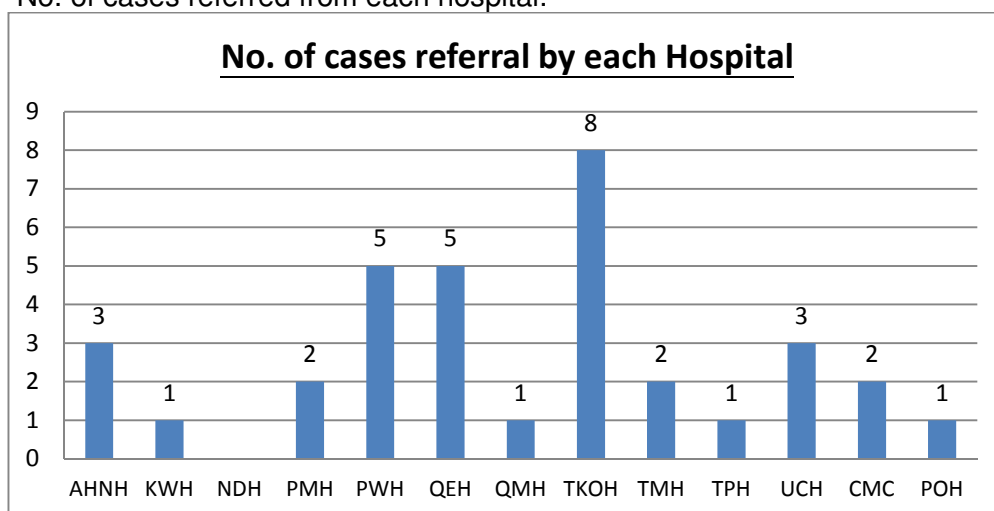
2.1 Total number of applications received from **1 April 2015 to 31 March 2016**:

Total number of application received: 34 Approved: 34

2.2 Drug required and financial level:



2.3 No. of cases referred from each hospital:



AHNH – 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

CMC – Caritas Medical Centre

POH – Pok Oi 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 2015 to 31 March 2016:**

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 organise activities that promote the well-being of the patients suffering from arthritis and rheumatism.

Allocations of Activity Fund **from 1 April 2015 to 31 March 2016:**

Total number of applications received: 5

Approved: 5

Support Amount

HK Ankylosing Spondylitis Association	HK\$	1,500.00
B27 Association	HK\$	5,000.00
HK Paediatric Rheumatism Association	HK\$	5,000.00
HK Lupus Association	HK\$	5,000.00
HK Rheumatoid Arthritis Association	HK\$	3,500.00
HK Ankylosing Spondylitis Association	HK\$	3,500.00
Total:	HK\$	23,500.00

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 2015 to 31 March 2016:**

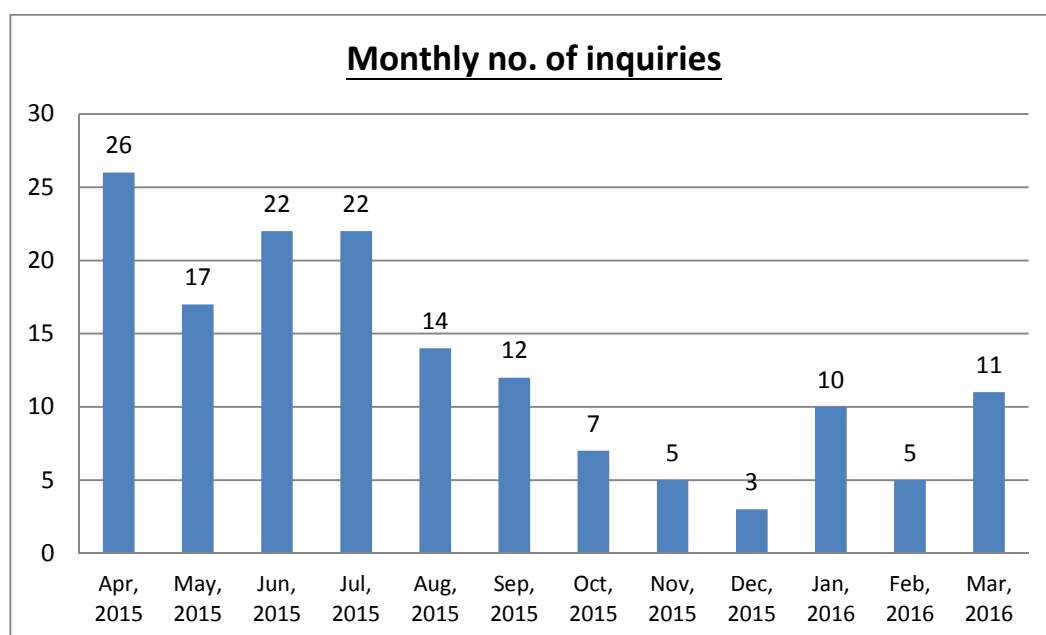
Total number of incoming calls: 154

Joined “Arthritis Buddy” programme: 0

Average duration of a call: 11.69 mins

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

Patients groups and other organization:	8
Hydrotherapy class:	11
Disease information:	68
Pour out to volunteers:	1
Financial Support:	9
Rheumatoid Specialists:	22
Drugs:	22
Other:	53



6 Website Q&A and Email Enquiry

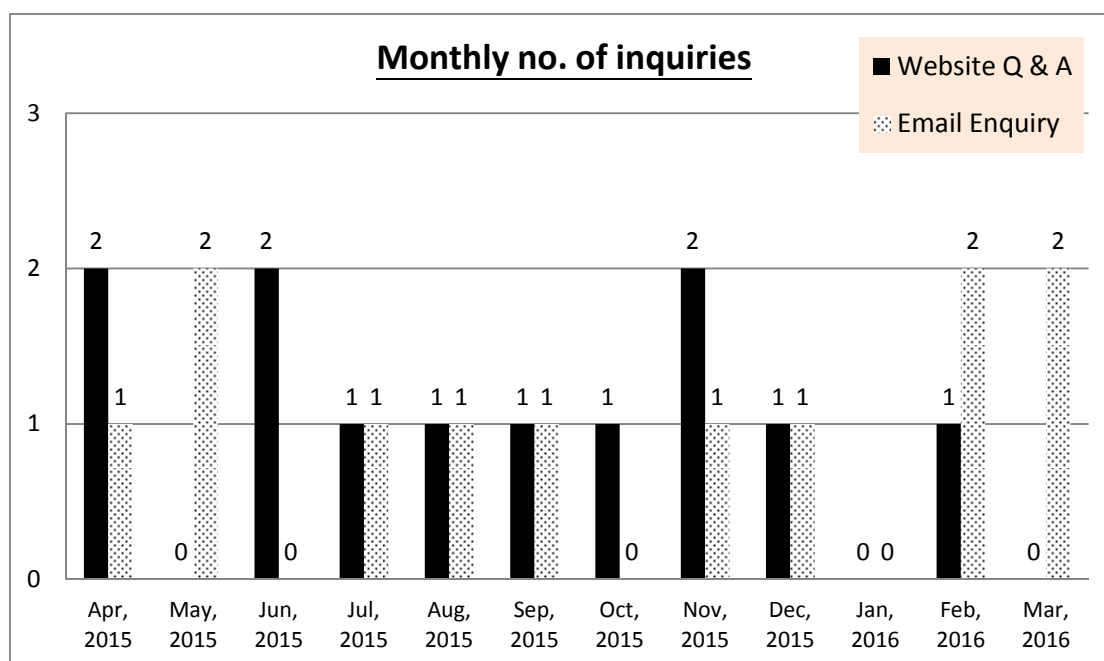
In order to help the public and patients to reduce the worried and concern about the diseases, there is a Q&A session at the Foundation's website. Also, the patients could send their inquiries or questions to us by email. Those questions would be answered by Dr. Emily KUN, our Hon. Advisor, and replied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

Report on Website Q&A from 1 April 2015 to 31 March 2016:

Total number of inquiries: 12

Report on Email Enquiry Q&A from 1 April 2015 to 31 March 2016:

Total number of inquiries: 12



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). Also, 2 classes, each for 6 patients per week, were also held at Pok Oi Hospital (POH). As the programme was very popular and many patients benefited, the Foundation would explore any opportunities to expand the programme. The programme was supported by Operation Santa Claus.

Report of Hydrotherapy Programme 2015 from 2 March 2015 to 4 February 2016

Total number of days:	256	Total number of lessons:	512
Total number of attendances:	4,659	Total number of beneficiaries:	275

Phase	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	No. of withdrawal
1	120	88	24	8	98	11	11	19	8
2	123	87	24	12	106	14	3	15	1
3	124	88	24	12	104	15	5	19	4
4	124	88	24	12	96	22	6	30	8
5	124	88	24	11	102	13	7	21	8
6	74	64	-	10	68	0	6	0	0
Total	687	502	120	65	574	75	38	107	29

Hydrotherapy class referrals from 22 February to 31 March 2016

Total number of new referral cases: 45

Phase	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	No. of withdrawal
1	124	88	24	12	93	24	3	45	21
Total	124	88	24	12	93	24	3	45	21

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 4 March 2015 to 4 February 2016:**

Phase	Total no. of participants	New comers	Repeaters	Class for clients with autoimmune disease (max capacity =16)	Class for clients with osteoarthritis (max capacity Ph.1-8 = 8; except Ph.3=16)	No. of new cases referral	No. of withdrawal
1	19	5	14	16	3	5	0
2	22	2	20	14	8	3	1
3	20	2	18	15	5	3	1
4	18	1	17	13	5	2	1
5	20	4	16	12	8	4	0
6	19	1	18	13	6	3	2
7	19	4	15	12	7	4	0
8	19	5	14	16	3	5	0
Total	137	19	118	95	42	24	5

PT Exercise Classes 2016 from 24 February to 31 March 2016:

Total number of new cases referral: 7

Phase	Total no. of participants	New comers	Repeaters	Class for clients with autoimmune disease (max capacity =16)	Class for clients with osteoarthritis (max capacity Ph.1-8 = 8; except Ph.3=16)	No. of new cases referral	No. of withdrawal
1	21	6	15	13	8	7	1
Total	21	6	15	13	8	7	1

8.2 OT Consultation Service

OT Consultation and Assessment Sessions were held for individual patients **from 1 April 2015 to 31 March 2016:**

Total number of new referral cases:36

Enrolled: 34 Withdrawn: 2

Total number of sessions served: 13

Total number of splints made: 13

Finger	Paddle	Resting	Working	Night
7	1	2	3	0

Current waiting time for new appointment: 23 weeks

8.3 Health Check Day

The first Health Check Day: **27 June 2015**

Total number of participants: 59

Checking items:

- 1) Ocular pressure checking
- 2) Uric Acid checking
- 3) Atrial fibrillation examination
- 4) Balance test
- 5) Body flexibility
- 6) BMI

After checked the above 6 items, there would be a medical student to explain the report.

8.4 Arthritis Self-Management Programme

Arthritis Self-Management Programme was conducted for interested patients in groups from **1 April 2015 to 31 March 2016**:

Total number of cases referral: 7

Class Period	Venue	No. of participants (attendance)	No. of sessions (reunion session)
16 May – 27 Jun 2015	HKARF Centre	10 (45)	4 (1)
14 Jul – 4 Aug 2015	CRN Prince of Wales Centre	5 (18)	4 (0)
27 Jul – 17 Aug 2015	CRN Li Cheng Uk Centre	8 (29)	4 (1)
1 Aug – 22 Aug 2015	CRN Kornhill Centre	9 (34)	4 (1)
19 Sep – 10 Oct 2015	TKO Hospital	13 (43)	4 (0)
29 Sep – 20 Oct 2015	CRN Li Cheng Uk Centre	10 (41)	4 (1)
26 Nov – 17 Dec 2015	CRN Li Cheng Uk Centre	10 (43)	4 (1)
Total		65 (253)	28 (5)

Total Expenditure during the period 1 April 2015– 31 March 2016

	Approved Cases	Approved Amount
1. Patient Support Fund	99	HK\$ 136,083.80
2. Expensive Drug Support Scheme	34	
3. Emergency Fund	0	HK\$ 0.00
4. Activity Fund	5	HK\$ 23,500.00
5. "Arthritis Buddy" Helpline (Volunteers allowance)		HK\$ 1,770.00
6. "Arthritis Buddy" Helpline (equipment)		HK\$ 0.00
Net Expense:		<u>HK\$ 161,353.80</u>

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

1. OSC Funding	HK\$ 1,100,000.00
2. Hydrotherapy program 2015 participants' fee	HK\$ 190,340.00
3. Hydrotherapy program 2016 participants' fee	HK\$ 16,160.00
4. PT Class 2015 participants' fee	HK\$ 26,160.00
5. PT Class 2016 participants' fee	HK\$ 5,280.00
6. OT 2016 consultation fee	HK\$ 2,160.00
	<u>HK\$ 1,340,100.00</u>

Expense:

1. Promotion leaflets	HK\$ 1,700.00
2. PT/OT Insurance 2015	HK\$ 4,000.00
3. PT fee 2015 (phase 1-7)	HK\$ 55,440.00
4. PT equipment and materials	HK\$ 398.00
5. OT fee (Ms Joy Lau)	HK\$ 2,500.00
6. OT fee (Ms Kristan Leung)	HK\$ 7,800.00
7. OT fee (Ms Trix Lau)	HK\$ 4,000.00
8. OT equipment and materials	HK\$ 0.00
9. Health Check 2015	HK\$ 300.00
10. Hydrotherapy program 2015 – Insurance	HK\$ 4,500.00
11. Hydrotherapy program 2015 (PT fee Phase 1-6)	HK\$ 186,560.00
12. Hydrotherapy program 2015 (POH PT fee Phase 1-6)	HK\$ 32,000.00
13. Hydrotherapy program 2015 (PYNEH Pool rental Phase 1-3)	HK\$ 16,800.00
14. Hydrotherapy program 2015 (POH Pool rental Phase 1-6)	HK\$ 20,250.00
15. Hydrotherapy program 2015 (QEH Pool rental Phase 1-6)	HK\$ 119,000.00
16. Hydrotherapy program 2015 Refund	HK\$ 600.00
17. Hydrotherapy program 2016 (QEH Pool rental Phase 1-3)	HK\$ 65,800.00
18. Promotion for ASMP	HK\$ 6,510.00
	<u>HK\$ 528,158.80</u>

OCS Funding Remaining (PT/OT):**HK\$ 811,941.20**

Report of the Scientific Committee (2015/16)

1) HKARF/HKSR Scholarships

The HKARF/HKSR Scholarship was provided jointly by the Hong Kong Society of Rheumatology and the Foundation, to rheumatologists and allied-health professionals in Hong Kong, in the field of Rheumatology to pursue training overseas.

Applicants must be full time medical doctors in rheumatology training or full time allied health professionals including nurses, occupational therapists, physiotherapists, dieticians who are involved in rheumatology service. For trainees, only rheumatology trainees undertaking a supervised training program under the Hong Kong College of Physicians are eligible to apply. The deadline for applications has been set to 30 June every year.

On March 2016, an application from Dr. Philip Li, a trainee of Rheumatology and full-time resident in Queen Mary Hospital was received. He applied for the scholarship to enhance his knowledge and skills on allergy and clinical immunology by practicing overseas at Department of Immunology of St Bartholomew's Hospital. The training programme lasted for 6 months from July to December 2017. The amount of grant for 6-months' training was HK\$60,000 in which the Society and the Foundation contributed HK\$55,000 and HK\$5,000 respectively. As the first installment was paid on May 2016, the amount should be in the account of 2016/17.

2) Newsletter for Healthcare Professionals: CHARM

As a means of education and provision of updated information regarding management of rheumatic diseases to health care professionals, annual issues of a 'topic-focused' medical bulletin for professionals named CHARM, representing CARE, HEALTH and ARTHRITIS and RHEUMATISM MANAGEMENT, have been launched since February 2009. The newsletter was disseminated to multi-disciplinary healthcare workers involved in the management of patients with rheumatic diseases. Each issue involves articles from cross-disciplines including Rheumatology, Paediatrics Rheumatology, Orthopaedic surgery, Physiotherapy, Occupational therapy and Rheumatology nursing.

Since the last year-end, one issue of CHARM sponsored by Janssen Pharmaceutica was published:

December 2015 –Scleroderma

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.

3) "East meets West" educational series

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

Appendix

Activity List 2015/16

List of activity for the year 2015/16 (for the year ended 31 March 2016)

Date	Event	Committee
10 – 12 April 2015	Medical Professional Training Seminar Venue: Qingyuan hospital No. of participants: 90	China Service sub-committee
18 April 2015	Seasonal Educational Talk – Cardiovascular Diseases & Rheumatism Speaker: Dr. Chan Tak-hin Dr. Chan Chi-kin No. of participants: 160	Education Committee
18 April 2015	Patient Empowerment Forum Speaker: Dr. Yim Cheuk Wan Ms. Cheryl Cheng	Patient Support Committee
31 May 2015	Educational Talk – Cervical abnormalities in SLE Speaker: Dr. Priscilla Wong Dr. Grace Wong No. of participants: 99	Education Committee
27 June 2015	Health Check Day No. of participants: 59 Venue: CRN Tai Hing Centre	Patient Support Committee
July 2015	Newsletter – Arthritis Care Vol. 21 No. of issues: 5,000	Newsletter Sub-committee
25 July 2015	Seasonal Educational Talk – Healthy Eating Tips for Arthritis Speaker: Ms. Chan Bik-ki Prof. Linda Zhong (registered Chinese medicine practitioner) No. of participants: 144	Education Committee
2 August 2015	Educational Talk – Dermatomyositis & Juvenile dermatomyositis Speaker: Dr. Chong Chun-yi Dr. So Ho No. of participants: 53	Education Committee
15 August 2015	Educational Talk – Back Pain Speaker: Dr. Yvonne Ho Dr. Chester Lie No. of participants: 228	Education Committee
September 2015	New promotion video launched	Fund-raising Committee
September 2015	PsA DVD launched	Education Committee
3 September 2015	Train the trainer workshop No. of participants: 32 Venue: HKARF Jockey Club Patient Resource & Training Centre	Education Committee
5 September 2015	Seasonal Educational Talk – Joint protection and training Speaker: Ms. Kristan Leung (OT) Ms. Jonah Chung (PT) No. of participants: 227	Education Committee
12 September 2015	Educational Talk – OA treatment and surgery Speaker: Dr. Albert Young Dr. Chester Lie No. of participants: 264	Education Committee

Date	Event	Committee
30 September 2015	Charity Dinner 2015	Fund-raising Committee
25 October 2015	IAD 2015 Carnival Venue: Lei Yue Mun Plaza No. of participants: 2,000	Education Committee
November 2015 – October 2017	Patient with arthritis & rheumatism sharing in monthly magazine “健康創富”	Education Committee
7 November 2015	Seasonal Educational Talk – Vaccination for arthritis patients Speaker: Dr. David Lung Ms. Judy Yu No. of participants: 87	Education Committee
21 November 2015	Inauguration Ceremony of Macau patient self- help groups Speaker: Dr. Chan Tak-hin	Patient Support Committee
28 November 2015	Educational Talk – Behect’s disease Speaker: Dr. Helen Chan No. of participants: 52	Education Committee
December 2015	Newsletter – CHARM Vol. 10 No. of issues: 3,000	Scientific Committee
December 2015	RA DVD launched	Education Committee
6 December 2015	Educational Talk – Treatment & Diagnosis of RA Speaker: Ms. Gladys Kwok Dr. Stella Wong No. of participants: 92	Education Committee
8 December 2015	Christmas Party for helpline and hydrotherapy programme volunteers No. of participants: 30	Executive Committee
January 2016	Newsletter – Arthritis Care Vol. 22 No. of issues: 5,000	Newsletter Sub-committee
January 2016	PT/OT DVD launched	Education Committee
9 January 2016	Educational Talk – PsA & Skin care Speaker: Dr. Gavin Lee Dr. Johnny Chan No. of participants: 41	Education Committee
6 March 2016	Chinese New Year Party No. of participants: 70	Executive Committee

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

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

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

Hong Kong Arthritis & Rheumatism Foundation

Address: Flat 103-106, Nam Wai House, Nam Shan Estate, Shamshuipo, Kowloon

Tel: 2346 6336

Fax: 2346 6136

Arthritis Buddy Helpline: 2346 2999

Email: mail@hkarf.org

Website: www.hkarf.org