



Annual Report 周年報告

2018/19

(for the year ended 31 March 2019)

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



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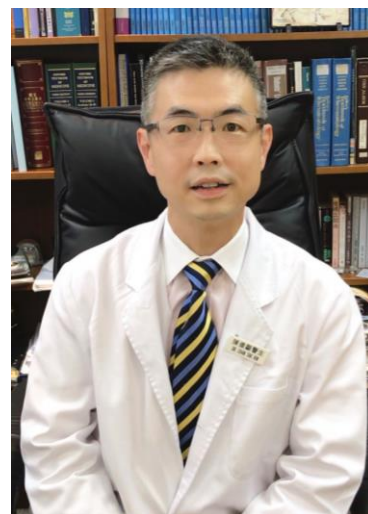
Objectives of the Foundation

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

Chairman's Message

This message is my final report as Chairman of the Hong Kong Arthritis & Rheumatism Foundation (HKARF). It has been a great privilege to serve the Foundation over the past six years, which has been both inspirational and fun. I have made many new friends in both the medical and non-medical sectors, and hopefully, that bond will remain after I step down from the post.

Our Honorary Presidents, Honorary Advisors, and Executive Committee members have been a great source of guidance, and it is not possible to thank everyone personally. I am grateful to all volunteers and self-help group representatives who continue to make the Foundation active and relevant as well as the HKARF staff who work tirelessly to maintain the smooth running of the Foundation. I have to thank the members of the various Standing Committees, who have guided and supervised the implementation of the various Foundation's services.



In the past twelve months, HKARF has enhanced or rolled out different services for patients with arthritis and autoimmune disease in Hong Kong:

- **Hydrotherapy:**
Since its debut in 2008, HKARF has expanded the service from 4 classes per week to 12 classes per week, serving more than 4,500 patient-sessions in 2018-19. Hydrotherapy is not only the most sought-after service of the Foundation, but it is also a very cost-effective service with a running cost around HK\$100 per patient-session. I'd like to express my heartfelt thanks to all the volunteers and physiotherapists who have made this rehabilitation service a success.
- **Exercise Classes and Occupational Therapy (OT):**
Soon after the establishment of the HKJC Patient Resource and Training Centre in Nam Shan Estate, Kowloon, in 2012, HKARF started the Exercise Class and OT service one year later. Apart from the arthritis patients, many participants attending the physiotherapist supervised exercise classes are sufferers of inflammatory muscle disease and degenerative joint problems.
- **Financial Assistance:**
Thirty-six (36) patients from the public hospitals received a total HK\$220,000 from the Foundation for the purchase of self-financed medications. We are grateful for the support of the medical social workers (MSW) who perform the means tests for needy patients.
- **Expensive Drug Support Scheme:**

The pharmaceutical industry donated more than 2.3 million dollars' worth of medicine to our arthritis patients in public hospitals in the year 2018-19. The drugs are mainly biologic agents or new targeted therapeutics for the treatment of chronic arthritis and autoimmune disease.

- Educational events:
More than three hundred patients attended the Patients Conference in August 2018 at the University of Hong Kong. The Education Committee organised regular health talks throughout the year, which was attended by another 500 participants. We published booklets on different rheumatic diseases for distribution to patients in public hospitals and private clinics. I'd like to thank all the doctors and nurses who have contributed to the content of these educational activities.

Recently the novel coronavirus (Covid-19) pandemic has caused considerable concern as more cases emerge around the world every day. Our heartfelt thanks go to all the healthcare professionals during this extremely testing time, who continue to provide high-quality patient care despite facing the challenge of the invisible enemy. I sincerely hope that more patients will benefit from the work of the Foundation as it resumes service in full force when the pandemic settles in the not too distant future.



Dr Chan Tak Hin

Chairman



主席的話

這是我以香港風濕病基金會主席身份發表的最後一席話。過往六年來，我非常榮幸能為基金會服務，這些經歷既富有啟發性又充滿樂趣。我在醫學和其它領域都結識了許多新朋友，希望將來卸任後仍能與他們維持友好的關係。

基金會的名譽會長、名譽顧問和執行委員會成員一直給予我很多的指導，我對他們的感謝之詞不能盡訴。我亦要感謝所有基金會的義工和自助組織代表，他們讓基金會的服務更成熟和到位。除此之外，我也感謝每位孜孜不倦在基金會的職員，有賴他們維持基金會的運作。最後感謝各個常務委員會的成員，他們指導及監督基金會各項服務的實施。

在過去的一年中，基金會為香港的關節炎和自身免疫性疾病患者推出了新的服務，同時亦加強舊有的服務：

- 風濕科水療練習計劃：
自 2008 年首次推出水療服務以來，基金會已將服務從每週 4 堂擴展到每週 12 堂，在 2018-19 年度更為超過 4,500 名患者提供了水療服務。水療不僅是基金會最受歡迎的服務，而且還是一項非常划算的服務，平均每人次的成本為港幣 100 元。在此，我對所有共同協助這項康復服務的義工和物理治療師表示由衷的感謝。
- 物理治療伸展運動課程及職業治療：
在九龍南山邨的香港賽馬會病人資源中心成立一年後，基金會就開始了物理治療伸展運動課程和職業治療服務。除關節炎患者外，炎性肌肉疾病和關節退化的患者也會參與由物理治療師指導的伸展運動課程。
- 經濟援助：
來自公立醫院的 36 名患者從基金會中獲得一共 220,000 港元的資助，用於購買自費藥物以改善病情。我們感謝為有需要患者進行經濟審查的醫務社會工作者。
- 昂貴藥物支援計劃：
於 2018-19 年度，藥廠向公立醫院就診的風濕病患者捐贈了價值超過 230 萬元的藥物。這些藥物主要是治療長期關節炎和自身免疫性疾病的生物製劑及新型標靶治療劑。
- 健康教育活動
超過 300 名患者參加了 2018 年 8 月在香港大學舉行的風濕病患者研討會，而健康教育委員會每年定期舉行的健康講座，亦一共吸引約 500 人參與。我們亦出版了有關各種風濕病的小冊子，分發給公立醫院和私人診所就診的患者。在此，我要感謝為這些教育活動作出貢獻的醫生和護士。

近來，隨著每天越來越多新型冠狀病毒（Covid-19）的病例在世界上出現，市民表現得越來越擔心。在如此艱難的抗疫期間，儘管醫療人員面對著看不見的敵人，但他們仍繼續提供高質量的患者護理服務，我在此向所有醫療人員表示由衷的感謝。當疫情在不久的將來平定後，基金會將全力恢復服務，為風濕病患者的康復盡一分力。

主席

陳德顯醫生

GOVERNANCE

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游寶榮先生

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陳劍淑女士

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陳麗雲教授

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陳書琴女士

Ms. Mabel CHAU (Hong Kong Society for Rehabilitation)

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鄭煥新先生

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

李國銘教授

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勞玉儀女士

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伍杏修先生

Mr. Peter POON (Hong Kong Society for Rehabilitation)

潘經光先生

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黃煥星醫生

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

容永祺先生

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Honorary Auditor:

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Patients Support Committee

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Ex-officio:	Dr. CHAN Tak-hin	陳德顯醫生

Scientific Committee

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	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
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	Ms. YIP Ka-huen	葉家瑄女士
Ex-officio:	Dr. CHAN Tak-hin	陳德顯醫生

PHYSICAL THERAPY AND FITNESS PROGRAMME

運動課程

Hydrotherapy 風濕科水療練習計劃

HKARF started running hydrotherapy program for patients suffering from chronic inflammatory arthritis in 2008. We provide 12 classes of hydrotherapy in Hong Kong East, Central Kowloon and Tuen Mun every week.

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

Targets: Patients with inflammatory arthritis

對象： 慢性風濕病患者

	<u>2017/18</u>	<u>2018/19</u>
Sessions 節數:	570	514
No. of patient-session 人次:	5,015 (268 patients)	4,532 (268 patients)

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

Three exercise classes for patients with musculoskeletal disease are conducted in the HKARF Jockey Club Patient Resource & Training Centre every week

基金會在 2013 年於賽馬會病人資源及訓練中心新增專為風濕關節病患者而設的運動課程，由 2017 年 10 月開始，每星期增至四班。

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

對象： 退化性關節炎及慢性風濕病患者

	<u>2017/18</u>	<u>2018/19</u>
Sessions 節數:	144	168
No. of patient-session 人次:	978 (47 patients)	871 (46 patients)

Occupational Therapy 職業治療

The therapists educate patients on joint protection skills and prescribe simple tailor-made splints.

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

Targets: Patients with pain and deformity due to inflammatory arthritis

對象： 患有慢性風濕病而有關節疼痛或變形的患者

	<u>2017/18</u>	<u>2018/19</u>
No. of patient-session 人次:	14	20

Laughter yoga 大笑瑜伽

HKARF introduced laughter yoga and floor curling in March 2017 to help patients to improve their physical and mental fitness.

基金會於 2017 年開展兩項全新運動大笑瑜伽及地壺課程予風濕病患者，以提高他們對運動的興趣，以改善身體及心理上的狀況。

	<u>2017/18</u>	<u>2018/19</u>
Sessions 節數:	20	16
No. of patient-session 人次:	156 (39 patients)	60 (19 patients)

Floor curling 地壺訓練

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

基金會於 2017 年開展兩項全新運動大笑瑜伽及地壺課程予風濕病患者，以提高他們對運動的興趣，以改善身體及心理上的狀況。

Basic	<u>2017/18</u>	<u>2018/19</u>
Sessions 節數:	20	12
No. of patient-session 人次:	212 (53 participants)	50 (17 participants)

Advanced	<u>2017/18</u>	<u>2018/19</u>
Sessions 節數:	4	8
No. of patient-session 人次:	48 (12 participants)	32 (14 participants)



FINANCIAL SUPPORT 經濟支援

Patients Support Fund 風濕病患者支援基金

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

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

	<u>2017/18</u>	<u>2018/19</u>
No. of application approved 批核申請:	96	83
No. of beneficiaries 受惠人數:	37	37
Average subsidy amount 平均資助額:	HK\$4,662 per patient	HK\$ 6,118 per patient
Total subsidy amount 總支援金額:	HK\$172,507	HK\$220,248.70

Emergency Support Fund 風濕病患者緊急援助基金

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

基金會為有突發需要的風濕病患者提供一筆過 5,000 元為上限的緊急援助。

	<u>2017/18</u>	<u>2018/19</u>
No. of application approved 批核申請:	1 (rejected)	1
Total cost of subsidised medications 總支援藥物金額:	-	HK\$5,000

Activity Fund 風濕病患者活動資助計劃

Each rheumatic disease self-help group may apply for HKARF Activity Fund to organise function for its members. The maximum funding amount was increased from HK\$5,000 to HK\$8,000 per year in 2016.

每個病人自助組織每年可申請基金會的活動資助，以籌辦社交或教育活動，於 2016 年，資助金額上限由 5,000 元提升至 8,000 元。

	<u>2017/18</u>	<u>2018/19</u>
No. of grants approved 已批資助數目:	5	4
No. of beneficiaries 受惠人數:	1,080	957
Total amount 總資助金額:	HK\$35,650	HK\$27,602

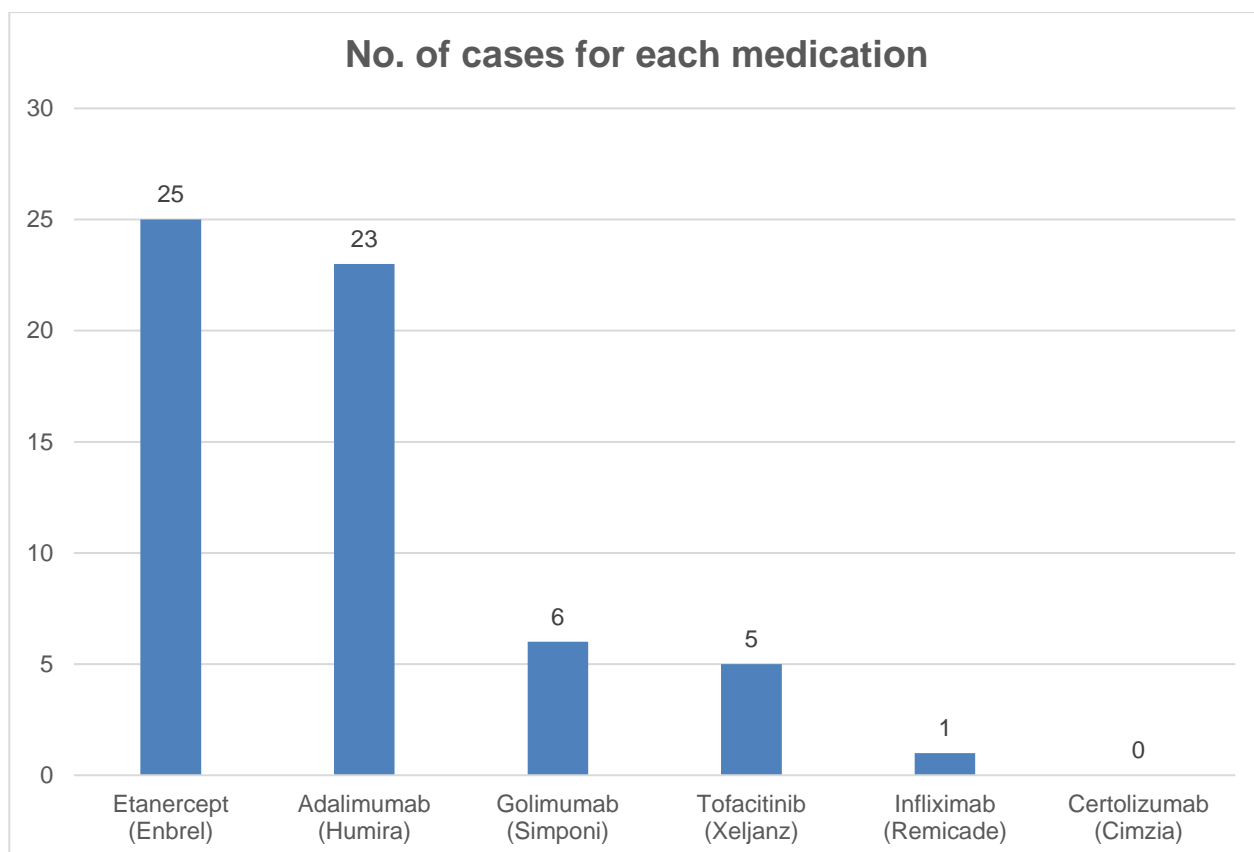


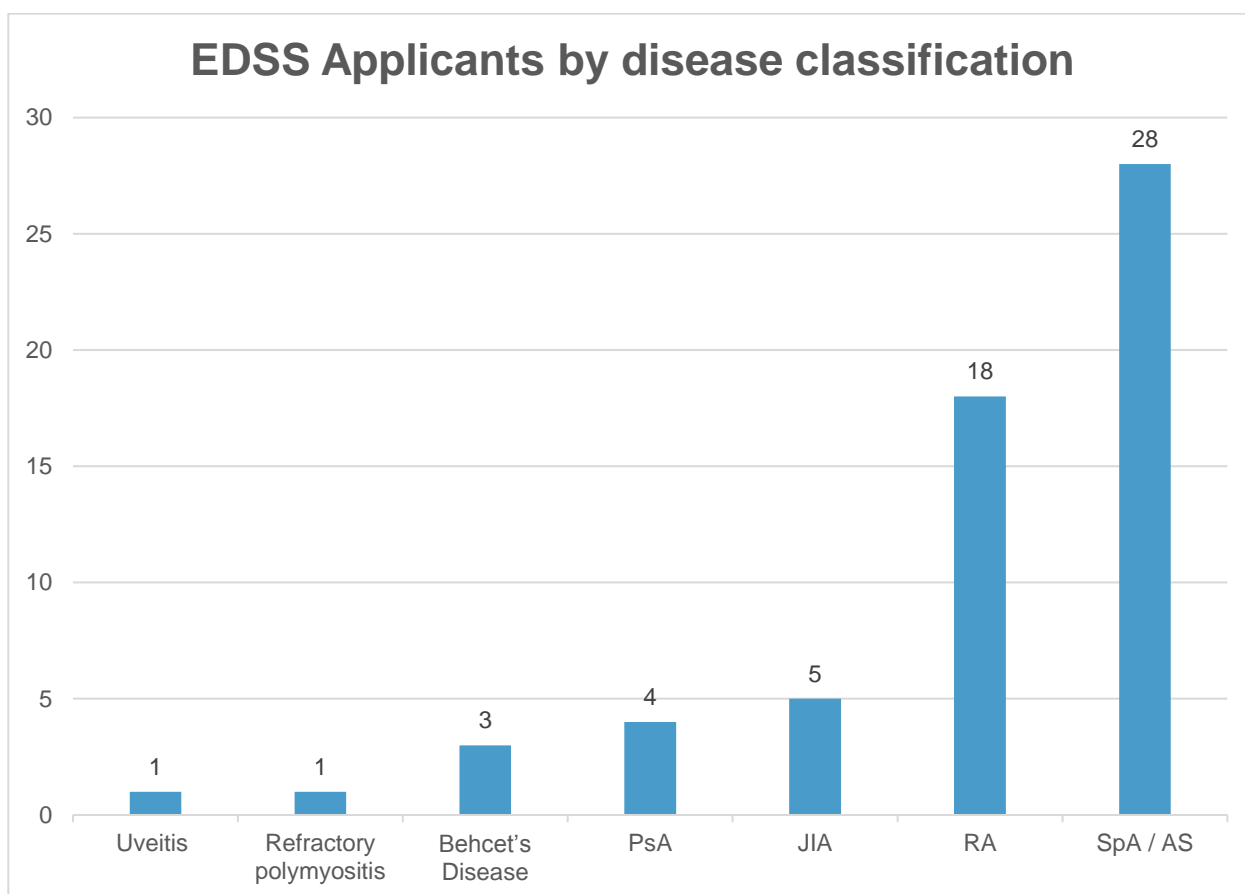
Expensive Drug Support Scheme (EDSS) 昂貴藥物支援計劃

HKARF has been collaborating with the pharmaceutical industry to subsidise patients to purchase self-financed expensive medications prescribed by doctors in Hospital Authority hospitals. Almost all the subsidized medications are biologic agents for the treatment of rheumatic and autoimmune disease

基金會一直與各藥廠合作為有需要的風濕病患者提供優惠，以購買指定自費昂貴處方藥物。2018 年，計劃下的藥物為六種，全部為常用的生物製劑。

	<u>2017/18</u>	<u>2018/19</u>
No. of beneficiaries 受惠人數:	43	60
Total cost of subsidised medications 總支援藥物金額:	HK\$1,715,133	HK\$2,360,164





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

RA – Rheumatoid Arthritis (類風濕病性關節炎)

PsA – Psoriatic Arthritis (銀屑病關節炎)

Uveitis (虹膜炎)

Behcet's Disease(白塞氏症)

JIA – Juvenile Idiopathic Arthritis (幼年特發性關節炎)

PUBLICATIONS 出版

Newsletter 基金會會訊

HKARF publishes Chinese and English newsletters regularly. Arthritis Care, the biannual Chinese newsletter, provides an update on Foundation's programmes and events for the patients and public. CHARM, annual English newsletter, gives latest information relating to rheumatic disease to healthcare professionals taking care of arthritis patients.

基金會每年出版兩期《關懷會訊》，為大眾及病友提供本會的活動資訊及消息；每年出版一期的英文會訊 CHARM，集中討論一種風濕關節病的最新診療及護理，讓醫護人員能了解各專職醫療人員如何幫助患者。



Disease informative booklet 出版病症及藥物資訊



HKARF publishes education videos and booklets on different chronic rheumatic diseases to provide up-to-date information to the public and patients. Booklets on RA, OA, SLE, Gout, Dermatomyositis and exercise were launched in 2017. Each booklet was co-authored by one rheumatologist and one rheumatology nurse. The booklets of AS, PsA, vasculitis, scleroderma and Sjögren's syndrome were published in the first quarter of 2019.

基金會製作了一系列不同主題的資訊小冊子及教育光碟，以提供最新病症及運動資訊給病友、家屬及公眾人士。類風濕性關節炎、骨關節炎、紅斑狼瘡、痛風症、皮肌炎及家居伸展運動及關節保護小冊子已於 2017 年出版。強直性脊椎炎、銀屑病關節炎、血管炎、硬皮症及乾燥綜合症小冊子於 2019 年第一季推出。

Rheumatoid arthritis book 類風濕性關節炎書籍

HKARF published a book on RA in order to give the general public an introduction to the disease and its latest treatment. Apart from medical information, the book also includes stories from patients and health care professionals.

基金會出版《與風同行》，為大眾市民提供類風濕性關節炎的治療和護理的詳細資訊，書中更有病患者及醫護人員的分享，進一步加深大家對疾病的認識。



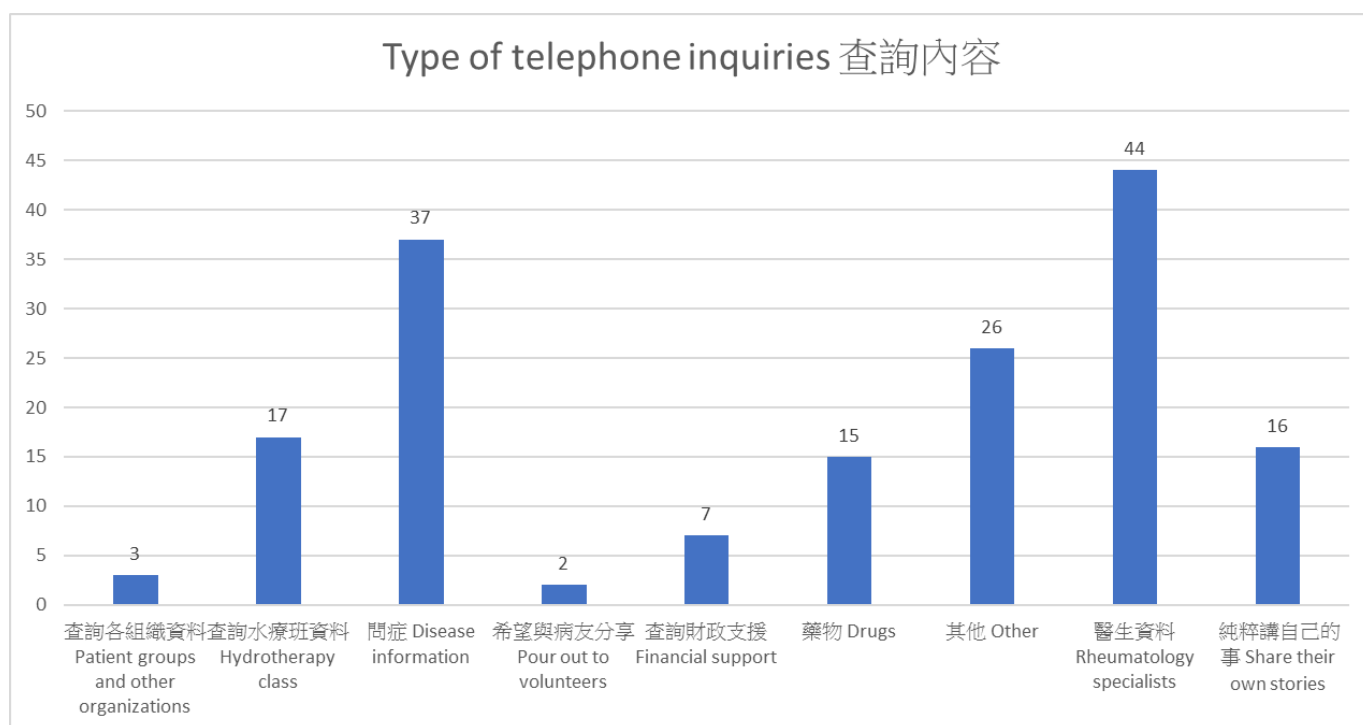
PATIENTS SUPPORT SERVICE 病患者支援服務

Arthritis Buddy Helpline 風知己朋輩電話熱線

HKARF volunteers run a telephone hotline four days per week. Majority of the inquiries are about disease information.

基金會的「風知己朋輩電話熱線」一星期四天運作，由受訓病友義工接聽以解答來電者的查詢及疑問，來電者多查問病症資訊。

	<u>2017/18</u>	<u>2018/19</u>
No. of telephone inquiry 查詢電話數目:	365	135



EDUCATION 教育工作

Educational Talks 健康教育講座

HKARF organises regular education talks in different districts to raise awareness of rheumatic disease in the community and to provide correct information to those with the disease.

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

	<u>2017/18</u>	<u>2018/19</u>
Total number of talks 講座數目:	9	5
No. of beneficiaries 受惠人數:	1096	522
No. of participants in Patient Conference 研討會參加人數:	-	344

Topic of talks 講座主題

- Diet and prevention of cardiovascular disease in rheumatic patients 風濕病患者之心血管與飲食預防
- Drugs, Biologics and Pregnancy 風濕病的治療: 藥物、生物製劑與懷孕
- Pain Management 「痛楚可管理」: 痛症管理講座
- Vasculitis: Arteritis & Phlebitis 動脈及靜脈血管炎講座
- Podiatry and Foot Care in rheumatic patients 風濕與足: 風濕病患者的足疾問題及足部護理專題講座



Arthritis Patient Conference 病患者研討會

A patient conference was held on 26 August 2018 at the University of Hong Kong to provide patients with latest information on diagnosis and management of rheumatic disease. Dr Chui Tak-yi, Under Secretary for Food and Health, officiate at the Opening Ceremony. 344 participants attended the conference.

1st session:

Reproduction and heredity — Dr Yip Man-lung
Juvenile Idiopathic Arthritis — Dr Lee Kwok-piu
Academic and work — Dr Lee Ka-wing, Gavin

2nd session:

Complications of arthritis disease — Prof. Tam Lai-shan
Infection prevention — Dr Chan Man-chun
Medical treatment — Dr Cheung Tsang

3rd session:

Wellness and holistic health care — Dr Chan Hoi-yan

4th session:

Diet — Dr Lidan Zhong
Joint protection — Mr Cheng Chung-keung and Miss Wu Hoi-ming
Good night's sleep — Dr Lau Tak-yin

病患者研討會「自主風濕人生」已於 2018 年 8 月 26 日（星期日）假香港大學百周年校園賽馬會大樓順利完成，當日共有 344 位參加者出席。活動邀請了時任食物及衛生局副局長徐德義醫生於開幕擔任主禮嘉賓。慢性風濕病症是長期疾病，對患者人生不同階段帶來不同的影響，是次研討會以「生老病死」人生必經階段作主題，探討風濕病患者在不同方面的需要，學習與病同行，繼續自主人生。

第一節「生」— 了解風濕病對下一代、成長及生活的各種影響：

- A) 生育與遺傳 講者：風濕科專科 葉文龍醫生
- B) 兒童風濕病 講者：兒科專科 李國彪醫生
- C) 學業與工作 講者：風濕科專科 李家榮醫生

第二節「老」— 了解治療風濕病症的方法，以預防併發症及減低感染機會，達至老而益壯：

- A) 風濕併發症 講者：風濕科專科 譚麗珊教授
- B) 感染預防 講者：傳染病專科 陳文俊醫生
- C) 藥物治療 講者：風濕科專科 張錚醫生

第三節「病」— 患病不等於人生完結，學習與病同行，保持身心靈健康：

身心靈健康 講者：香港大學社會工作及社會行政學系副教授陳凱欣博士

第四節「死」— 在日常生活的小細節著手，學習如何活得更自在、更長壽：

- A) 風濕食療 講者：香港浸會大學中醫藥學院鍾麗丹博士
- B) 關節保護 講者：職業治療師鄭仲強先生、胡凱銘小姐、何菁慈小姐
- C) 優質睡眠 講者：香港理工大學護理學院劉德賢博士

Multidisciplinary educational symposium 跨學科醫學交流

To promote the interflow of knowledge and experience on disease management between health care professionals practicing Western medicine and traditional Chinese medicine in the field of rheumatology, the scientific committee of the HKARF has organised the multidisciplinary educational symposium on 11 August 2018. The topic was osteoporosis and there were 40 allied-health professionals attended.

為了加強不同醫護專業之間對風濕病症的交流，基金會的科研教育委員會在 2018 年 8 月 11 日舉辦了「跨學科醫學交流」研討會，是次研討會題目為骨質疏鬆，共有 40 位不同專業的醫護人員參加。



International Arthritis Day Carnival—Floor curling competition 活力風濕同樂日

HKARF organised the carnival every year to echo the World Arthritis Day designated by the World Health Organisation. In 2018, the carnival was held at 21 October in Tsuen Wan D-PARK. The events featured game booths, exercise demonstration, exhibition, health check and floor curling competition, attracting a wide range of participants including those who were concerned about arthritis diseases, patients and their relatives.

響應國際風濕病日的「活力風濕同樂日」於 2018 年 10 月 21 日在荃灣 D-PARK 愉景新城舉行，當日設有攤位遊戲，運動示範、資訊展覽，健康檢查及「風之友地壺賽」等等，吸引了各界關注風濕關節病人士、病患者及家家屬參與，反應熱烈，場面熱鬧。



HKARF Facebook page 香港風濕病基金會面書專頁

Facebook has gradually become one of the popular channels for disseminating information and interacting with the public, the HKARF launched its Facebook page in August 2016. This has become a major platform for promoting our Foundation and spreading disease information.

面書已經成為每位都市人不可分割的一部分，因此基金會在 2016 年 8 月開設面書專頁，希望透過不同的渠道，為公眾帶來最新及最快的資訊。除了在面書宣傳基金會的活動外，更有不同系列的病科資訊和由病友撰寫的「風中故事」。

Facebook post series 面書活動系列

風濕病疾病與神經系統

「與狼共舞」宣傳

患者情緒舒緩及正向思維

患者日常護理小貼士

減輕晨僵小貼士

風濕與運動

撒瑪利亞基金及昂貴藥物支援計劃

痛風

血管炎

MM/YY

No. of clicks/actions

03/18

604

05/18

3367

07/18

1294

08/18

1126

10/18

1150

11/18

472

12/18

1248

02/19

519

02/19

512

香港風濕病基金會

30 April 2018

仲記得記得 杜小姐 曾經跟 香港風濕病基金會 分享你風濕中故事？呢段短相呢分享，並獲得所有紅斑風濕症友有經驗嘅全部！如果你都想睇得咁多位紅斑風濕症友嘅「風中故事」，就要密切留意我哋五月份舉行嘅《與狼共舞—紅斑風濕症的護理與治療》這書活動！

即刻重溫杜小姐電風中故事：
<https://www.facebook.com/hkarf/fanpage/posts/1794228654225641/>
#紅斑風濕症 #與狼共舞 #紅斑風濕症的護理與治療 #密切留意這書方法



別人可以樂觀面對，我相信我亦能做到，我不能白白浪費生命，要好好享受生活，把握生命。
——杜小姐
(紅斑風濕症患者)

香港風濕病基金會

22 May 2017

【風中故事：風濕病患者親身分享】

我係杜小姐，想起在2014年正當我剛由日本工作歸來，身體突然出現異樣，關節非常痠痛及腫脹，之後經朋友介紹知道，因為不知何故而得，以為只是過勞所致，但完成工作後，情況並沒有改善，經朋友介紹到醫院求醫，之後經醫師轉介至風濕科，當時完全不知何病生焉，只見醫生醫生問我痛楚及抽泣。

See more

香港風濕病基金會 added a new photo to the album 風中故事.

1 November 2018

【風中故事：風濕病患者親身分享】

我係Keith，1994年確診患上強直性脊椎炎，我係由一名14歲的小朋友，成為長斯痛患者。

發病至今二十多年，印象最深的是我11歲生日那天，還記得當天是端午節，全家人都在親友家中，晚飯後，我和其他小朋友坐在地上玩耍，突然，我的腰間感到劇痛不能站起來，經動動都痛徹心扉，親友們都十分擔心，最後連即把我送去急症室，在基本檢查及X光後，完全找不到劇痛的原因，打了止痛針便回家，數日後不再痛，以為痊癒了，... See more



患疾廿幾年來，我因疾病所得到的比失去的多，使我有種使命感，我要將這直性脊椎炎的知識推廣出去。
——Keith
(強直性脊椎炎患者)

4,349 People reached 1,253 Engagements

Boost Post

Hazel Tam, Carmen Ho and 206 others 20 Comments 24 shares

香港風濕病基金會

12 July 2018

【第四個A: Appreciate欣賞】

Appreciate亦即是欣賞的意思，香港風濕病基金會，你或者會覺得有點限制，但係亦都係一個好機會會讓自己靜下來，檢視自己點優點：例如唔怕痛、關心人、聆聽者、負責任、細心... 從另一個角度睇自己，亦可以讓自己更懂得加入幾次這行列，為自己漸生命賦予意義。

#風濕病 #情緒困擾 #舒緩情緒 #正向思維 #5個A系列 #Appreciate #欣賞



1,247 People reached 151 Engagements

Boost Post

8 shares



還要聽醫生指示食藥

香港風濕病基金會：痛風與食物篇...

【學「精」啲！】痛風同個「精」字有乜嘢關係？有！即刻去片學「精」啲啦！#痛風 #尿酸 #戒高普林食物 #戒高嘌呤食物 #精明選擇食物

0:30 · Uploaded on 03/09/2018 · View permalink · Copy video ID

香港風濕病基金會

8 October 2018

【減輕晨僵小貼士：睡姿篇】

你多人以為晨僵而睡姿有關，資深物理治療師黃潔怡就話唔係講法啱一半啦。

晨僵最主要係因為關節僵硬，起身嘅時候關節就會僵硬，唔係因為某種酸性物質。

不過，如果有晨僵，有啲睡姿會令患者更加難起身，譬如有人睡打側睡，再捲起身體彎曲，好似單手伸伸，如果成晚都捲曲睡，起身晨僵時候，要伸這個人再起身，係會辛苦啲嘅，所以建議睡姿：

#日常生活 #生活小智慧 #小貼士 #減輕不適 #晨僵 #睡覺 #睡姿



2,285 People reached 476 Engagements

Boost Post

46 4 Comments 13 shares

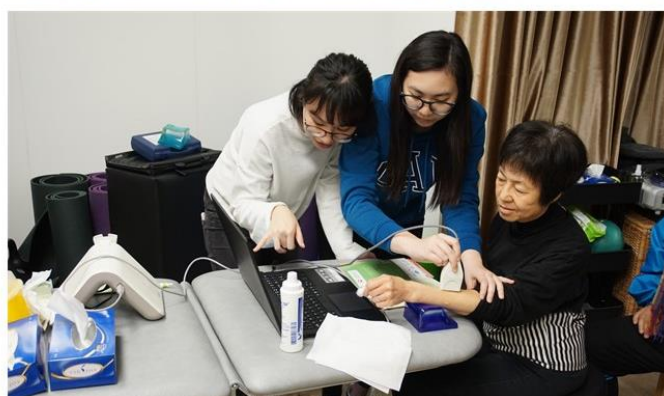
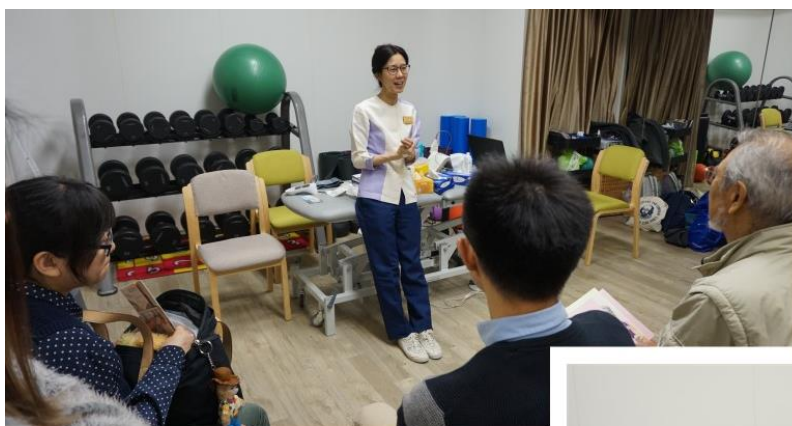
1952/209491750823421/?type=3&e=ANVC59wheT8BqJtL&fbclid=IwAR1k4E82MQL7uDV8wCONQ2N

Musculoskeletal Health Check 健康檢查日

HKARF has provided health checks for the public since 2013. The target client is the general public, especially the vulnerable groups, such as people aged over 50. A health check day was held on 25 March 2019 at Humansa centre in Tin Hau with 32 participants. Each participant underwent four tests including uric acid level, blood glucose level, bone density and Body Mass Index. A registered nurse and social worker are provided nutrition and exercise tips as well as consultation to the participants.

基金會自 2013 年起定期在不同地區舉辦健康檢查日，希望藉此提高區內人士對關節健康的意識。基金會、復康會社區復康網絡及仁山優社於 2019 年 3 月 25 日合辦健康檢查日，地點在仁山優社位於天后的中心。當日共有 32 名參加者，每名參加者接受四項測試/檢查，包括尿酸、血糖、骨質密度及量度身高和體重。註冊護士及社工為各參加者解釋檢查結果及提供營養和運動資訊。

	<u>2017/18</u>	<u>2018/19</u>
No. of health checkup		
健康檢查日次數:	1	1
No. of participants 參加者人數:	40	32



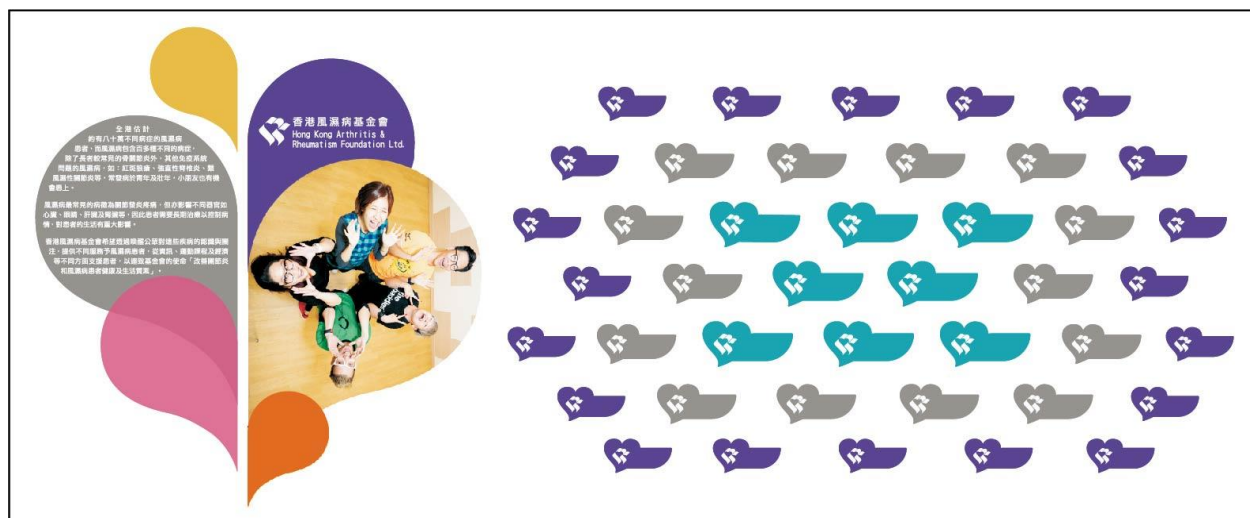
FUNDRAISING 籌款活動

Donation Wall for Hydrotherapy 樂助水療捐獻牆

Hydrotherapy programme is the most popular services of the Foundation. Up to 2019, HKARF has served more than 50,000 patient-sessions. In order to maintain the service, "Hydrotherapy Donation Wall" project has been launched since 2017 to raise fund for the service. The project was supported by the following donors and companies:

由於水中運動有助於緩解風濕病患者的病情，基金會開展的「水療練習計劃」至 2019 年受惠人次超過 5 萬，投放資源接近 200 萬元。為了持續現時服務，基金會誠邀各位善長支持樂助水療捐獻牆計劃，捐助水療服務經費，以愛心支持風濕病患者。在 2017 年 11 月 1 日的慈善晚宴中舉行了風濕水療捐獻啟動禮，為計劃揭開序幕，並已經得到以下善長支持：

Gold Sponsorship 暖心贊助	SOGO Hong Kong Co. Ltd	崇光(香港)百貨有限公司
	Novartis Pharmaceuticals (HK) Ltd	瑞士諾華製藥(香港)有限公司
Silver Sponsorship 樂心贊助	Janssen Pharmaceuticals	楊森大藥廠
	Ms Chan King-chu	陳琮珠女士
Copper Sponsorship 善心贊助	Pfizer Corporation Hong Kong Ltd.	美國輝瑞科研製藥有限公司
	Mr Chan Kar-lok	陳家樂先生
	Mr Elton Ng	吳俊霆先生
	Mr Chow Chiu-yin	周昭賢先生



COLLABORATION WITH THE HONG KONG SOCIETY OF RHEUMATOLOGY 與香港風濕病學學會的合作

HKARF and Hong Kong Society of Rheumatology (HKSR) jointly award scholarships to commend outstanding doctors and allied health professionals who plan for overseas training in rheumatology and related sub-specialties. Besides, the Foundation works closely with the professionals of the HKSR in patients and public education.

基金會與香港風濕病學學會設立了獎學金，獎勵有志到海外進修的醫生及專職醫護人員，學習最新的醫療技術，以造福香港的風濕病患者。另外，基金會亦和學會緊密合作，更新病科資訊以教育病人及公眾。

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

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

基金會所舉辦的公眾教育活動都與風濕科的病人自助組織合作，目前香港強脊會、毅希會及銀屑護關會的職員皆在基金會的中心辦公。另外，基金會亦會在網頁及面書中協助宣傳病人自助組織的活動。



COLLABORATION WITH THE HONG KONG SOCIETY FOR REHABILITATION 與香港復康會的合作

Community Rehabilitation Network (CRN) of the Hong Kong Society for Rehabilitation has been a close partner of HKARF since the establishment of the Foundation in 2001. A joint programme “Arthritis Self-Management Programme” was launched in 2015. Forty-eight newly diagnosed patients participated in this programme in the year of 2018/19.

The 4-session course covers disease information, joint protection, exercise and daily care for rheumatic disease. Also, the social workers help the participants to set up action plan and review their progress at the reunion.

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

基金會一直以來都與香港復康會社區復康網絡緊密合作，同共籌辦不同的公眾教育活動。由 2015 年開始開展的風濕科自我管理課程「關節・我自理」，讓風濕病患者學習自我管理技巧，2017 至 18 年度共有 73 位新確診病患者參加此課程。此課程共有四節及一堂重聚，在四節課堂中會為參加者提供病症的正確資訊，亦帶出運動及日常生活自我管理的重要性，更會與參加者一同訂立行動目標，並在重聚中一同回顧目的是否達到等。

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

主辦機構：

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

香港復康會
The Hong Kong Society for Rehabilitation
社區復康網絡
Community Rehabilitation Network

關節我自理

課程日期及上課地點：

日期及時間 (4節)	地址	查詢及報名電話
2018		
2018年5月17日至6月7日 (星期四) 下午2:30 - 下午5:00	社區復康網絡李鄭屋中心 九龍深水埗李鄭屋邨李康樓地下 (長沙灣港鐵站A2出口)	2361 2838
2018年8月8日至29日 (星期三) 上午10:00 - 下午12:30	社區復康網絡大興中心 新界屯門大興邨興昌樓26-33號地下	2775 4414
2018年9月5日至26日 (星期三) 晚上7:00 - 晚上9:30	社區復康網絡康山中心 香港鰂魚涌英皇道1120號康山花園第六座地下 (太古城港鐵站E3出口)	2549 7744
2018年9月8日至29日 (星期六) 上午10:00 - 下午12:30	社區復康網絡威爾斯中心 新界沙田威爾斯親王醫院 職員宿舍B座10樓B室	2636 0666
2018年10月27日至11月17日 (星期六) 下午2:30 - 下午5:00	社區復康網絡李鄭屋中心 九龍深水埗李鄭屋邨李康樓地下 (長沙灣港鐵站A2出口)	2361 2838
2019		
2019年1月10日至31日 (星期四) 下午2:30 - 下午5:00	社區復康網絡大興中心 新界屯門大興邨興昌樓26-33號地下	2775 4414
2019年2月20日至3月13日 (星期三) 下午2:30 - 下午5:00	社區復康網絡李鄭屋中心 九龍深水埗李鄭屋邨李康樓地下 (長沙灣港鐵站A2出口)	2361 2838
2019年2月22日至3月15日 (星期五) 下午2:00 - 下午4:30	社區復康網絡威爾斯中心 新界沙田威爾斯親王醫院 職員宿舍B座10樓B室	2636 0666
2019年3月6日至27日 (星期三) 下午2:00 - 下午4:30	社區復康網絡康山中心 香港鰂魚涌英皇道1120號康山花園第六座地下 (太古城港鐵站E3出口)	2549 7744

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

關節炎的常見併發症
用藥須知、治療方案
怎樣進行運動、運動的重要及好處
如何減輕痛楚
保護關節的注意事項、輔助工具的使用
改善睡眠質素、社區資源……

這個課程可助你，
建立自我管理工具箱

無懼關節炎 自己可管理

名額：每班12人（名額有限，先到先得）
費用：\$60（全期課程共4節及重聚）（綜援人士免費）
** 全期課程共4堂及一堂重聚
** 學員可獲贈教材資料一套

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 headquarter was officially opened in October 2012, which continues to serve as the home away from home for our volunteers and patients. Patient self-help groups regularly organise health talks, yoga class, painting class and handicraft art class in the centre.

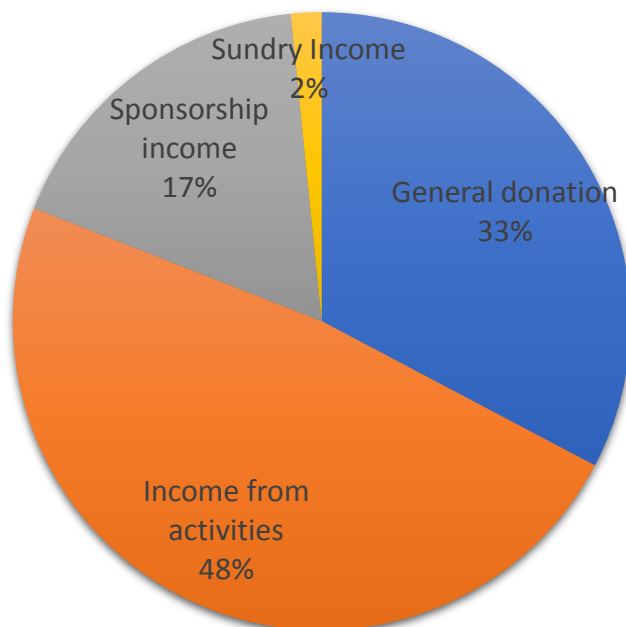
香港風濕病基金會賽馬會病人資源及訓練中心於 2012 年 10 月開幕座落在深水埗南山邨內。基金會在中心內舉辦不同的服務，使中心成為風濕病患者的第二個家。此外，風濕科病人自助組織亦會於中心內舉辦不同的活動包括講座、瑜珈班、畫班及手工班等，讓患者能透過參加活動及建立興趣，以舒緩痛楚及壓力。



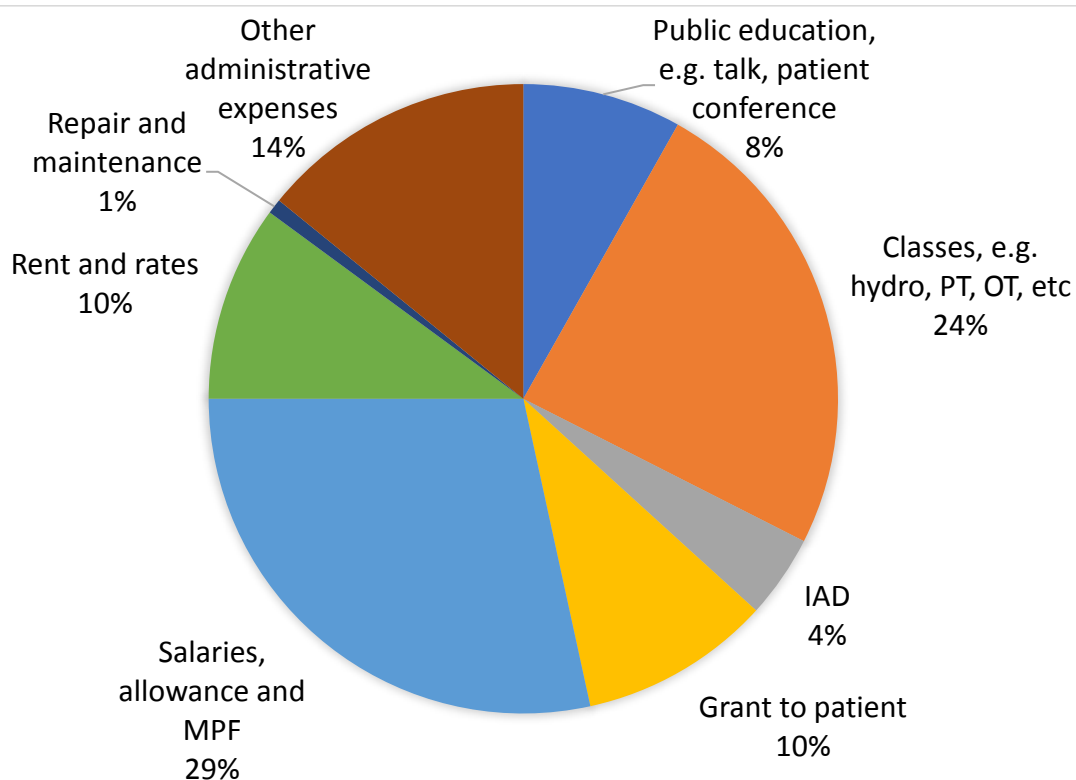
FINANCIAL REPORT

HIGHLIGHTS OF FINANCIAL ACTIVITIES (for the year ended 31 March 2019)

Income (Total HK\$1,588,728)



Expenditure (Total HK\$ 2,493,136)



**STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME
FOR THE YEAR ENDED 31 MARCH 2018**

	2018/19	2017/18
	<u>HKD</u>	<u>HKD</u>
Income		
Book sales	60	10,320
General donations ¹	519,970	2,209,201
Income from activities	765,970 ²	274,300
Sponsorship income	277,000 ³	1,586,000
Other income		
Bank interest income	31	-
Gain on exchange difference	219	-
Sundry income	25,478	29,437
	<u>1,588,728</u>	<u>4,109,258</u>
Activities expenditure⁴	(911,369)	(1,107,645)
Administrative expenses		
Auditor's remuneration	10,000	-
Bank charges	890	840
Computer expenses	1,007	-
Courier	3,018	-
Cleaning	32,865	22,960
Depreciation	-	14,044
Electricity, water and gas	17,024	15,271
Grant to patients	245,291	219,186
Insurance	14,275	13,517
Mandatory provident fund	36,946	48,810
Printing, postage and stationery	21,865	25,684
Public education expenses	203,777	349,134
Recruitment	13,680	-
Rent and rates	251,340	242,180
Repairs and maintenance	19,114	65,970
Salaries and allowance	671,633	566,831
Scholarship	-	37,500
Sundry expenses	23,125	8,156
Travelling	655	370
Telephone and internet	15,262	14,388
	<u>(1,581,767)</u>	<u>(1,644,841)</u>

SURPLUS / DEFICIT FOR THE YEAR**(904,408)****1,356,772**

¹ Including donations from Paypal, crossed cheque, direct bank transfer and charity dinner.

² Including class registration fee and specific donations for activities

³ Including sponsorship for Facebook management, TV infotainment, CHARM, Arthritis Care, RA book publishing and website revamp

⁴ Including all expense for charity dinner (\$244,419), IAD event (\$140,700), patient conference (\$151,500), educational talks & health check day (\$68,300), hydrotherapy (\$466,860), physiotherapy exercise, laughter yoga & floor curling classes (\$134,900).

LOOKING AHEAD

The year 2020 will be a great challenge not only to the Foundation but to almost all sectors of the community because of the novel coronavirus (Covid-19) outbreak. We envision a prolonged interruption of our hospital-based service, such as hydrotherapy because of the strict infection control measure. The economic downturn or financial crisis delivered by the Covid-19 pandemic will make fundraising for small NGOs like the HKARF very difficult, if not impossible.

There may be a silver lining in all the commotion. In essence, the suspension of many services will provide the staff and the Executive Committee the opportunity to plan for future activities to meet the needs of our patients and society. The Hong Kong Jockey Club (HKJC) Charities Trust has recently approved a grant of 7.9 million dollars for the Foundation to expand its current services as well as the introduction of new services, such as disease self-management program and territory-wide public education. HKARF will hire a social worker to oversee the implementation of this new project.

The work of the Foundation for the foreseeable future will be demanding, but also rewarding. More patients will benefit as a result of the continued development of our community service, which is the objective of the Foundation. I wish members of the Foundation all the best for the vital tasks that lie ahead.

Dr Chan Tak Hin
Chairman

展望將來

由於新型冠狀病毒（Covid-19）的爆發，2020 年不僅對基金會，甚至對社會上幾乎所有行業都帶來一個巨大的挑戰。在嚴格的感染控制措施下，我們預計基金會以醫院為服務地點的服務，如水療練習班，將會長時間受影響。新冠病毒大流行帶來的經濟衰退或金融危機，將使基金會及其他類似的小型非政府組織更難以籌集資金。

正所謂「有危亦有機」，許多服務的暫停能為員工和執行委員會提供機會去規劃將來的活動，以滿足患者和社會的需求。香港賽馬會慈善信託基金最近審核撥款 790 萬元予基金會，以擴展現有服務，並引入新服務，例如疾病自我管理計劃和全港性公眾教育計劃。基金會將僱用一名註冊社工來實施這個新項目。

基金會在可預見未來的工作將會是萬分艱鉅的，但同時也是有裨益的。相信更多患者將從我們持續發展的服務中受益，這亦是基金會成立的目標。我祝願基金會成員在未來的工作中一切順利。

主席
陳德顯醫生

Reports Of Permanent Committees

Education Committee

Fund-raising Committee

Patient Support Committee

Scientific Committee

Report of the Education Committee (2018/19)

1) International Arthritis Day Carnival – Floor curling competition

To celebrate the 2018 International Arthritis Day, a carnival was held at Tsuen Wan D-PARK on 21 October 2018. The event features game booths, exercise demonstration, exhibition and health check. Also, the second floor curling competition was held to enable patients to achieve sporting excellence and to inspire the public.

2) Educational Talks

2.1 Seasonal Public Talk Series

A series of Talks on specific arthritis diseases was held each season throughout 2018-2019. 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) Diet and prevention of cardiovascular disease in rheumatic patients (2018 Season 1)

Date: 21 April 2018

Speaker: Dr. Yim Cheuk Wan, Ms. Lam Lai Ying

No. of participants: 123

- b) Drugs, Biologics and Pregnancy (2018 Season 2)

Date: 30 June 2018

Speaker: Dr. Lee Ka Lai, Mr. Cheng Wing Tak

No. of participants: 42

- c) Pain Management (2018 Season 3)

Date: 29 September 2018

Speaker: Dr. Ho Tze Kwan Carmen, Ms. Christine Leung

No. of participants: 133

- d) Podiatry and Foot Care in rheumatic patients (2018 Season 4)

Date: 24 November 2018

Speaker: Dr Cheung Man Hong, Ms. Chan Wei Gi

No. of participants: 133

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 1 talk was held during the year:

- a) Educational Talk – Vasculitis: Arteritis & Phlebitis

Date: 10 November 2018

Speaker: Dr. Yeung Wan Yin

No. of participants: 91

- b) Educational Talk – Common Pain Killer

Date: 30 March 2019

Speaker: Dr Ma Kai-yiu

Ms Chu Man-lai

No. of Participants: 159

3) **Publication on disease information**

HKARF publishes education videos and booklets on different chronic rheumatic diseases to provide up-to-date information to the public and patients. Booklets on RA, OA, SLE, Gout, Dermatomyositis and exercise were launched in 2017. Each booklet was co-authored by one rheumatologist and one rheumatology nurse. The booklets of AS, PsA, vasculitis, scleroderma and Sjögren's syndrome were published in the first quarter of 2019.

4) **HKARF Facebook page**

As the social media became one of the most important ways to spread information to the public, the HKARF Facebook page was launched in August 2016. This would be a platform to promote the Foundation and provide disease information to the new generation. The number of "Like" for the page was raised to 3,718.

5)	<u>Facebook post series 面書活動系列</u>	<u>MM/YY</u>	<u>No. of clicks/actions</u>
	風濕病疾病與神經系統	03/18	604
	「與狼共舞」宣傳	05/18	3367
	患者情緒舒緩及正向思維	07/18	1294
	患者日常護理小貼士	08/18	1126
	減輕晨僵小貼士	10/18	1150
	風濕與運動	11/18	472
	撒瑪利亞基金及昂貴藥物支援計劃	12/18	1248
	痛風	02/19	519
	血管炎	02/19	512

RA Book

HKARF was preparing to publish a book on the topic of rheumatoid arthritis. The book aims to give the general public an introduction to the disease, its latest treatment and caring. It also includes the sharing of arthritis patients and healthcare professionals, which further enhance the understandings of people towards the disease. The book would be published in the third quarter of 2019.

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

Two issues of the bi-annual Newsletter were published in July 2018 and December 2018 respectively. These Newsletters covered the latest news of the Foundation, as well as updated information on patient support activities and educational materials. 5,000 copies of each issue were distributed to arthritis patient self-help groups, members of Hong Kong Society of Rheumatology, donors, volunteers, hospitals, The Hong Kong Society for Rehabilitation and other related organizations.

Report of the Fundraising Committee (2018/19)

HKARF has a mission to teach people how to prevent or delay the onset of arthritis or limit its effects. We must also help our patients dealing 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) PayPal Online Donation Platform

The Foundation has initiated the online donation platform through PayPal since March 2013, emphasizing the convenience and ease of use. In 2018/19, a total of HK\$32,600 was collected which is a great increase compared to HK\$14,876 in 2017/18.

2) Crossed cheque and direct Bank transfer

Donors could mail the crossed cheque to Nam Shan Centre and make direct bank transfer to our HSBC account for support our service. A total of HK\$377,370 was collected based on these two donation means. The account information and mailing address are shown in HKARF website.

3) Donation Wall

As hydrotherapy is the major and popular service of the Foundation, a donation wall was set up for soliciting donation to support this service in long run. The wall was launched in November 2017 and it was supported by below donors and companies: A total of HK\$450,000 was collected.

暖心贊助	崇光(香港)百貨有限公司
	瑞士諾華製藥(香港)有限公司
樂心贊助	楊森大藥廠
	陳琮珠女士
善心贊助	美國輝瑞科研製藥有限公司
	陳家樂先生
	吳俊霆先生
	周昭賢先生

In 2018/19, we raised HK\$110,000 to support the hydrotherapy running cost.

Report of the Patients Support Committee (2018/19)

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

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

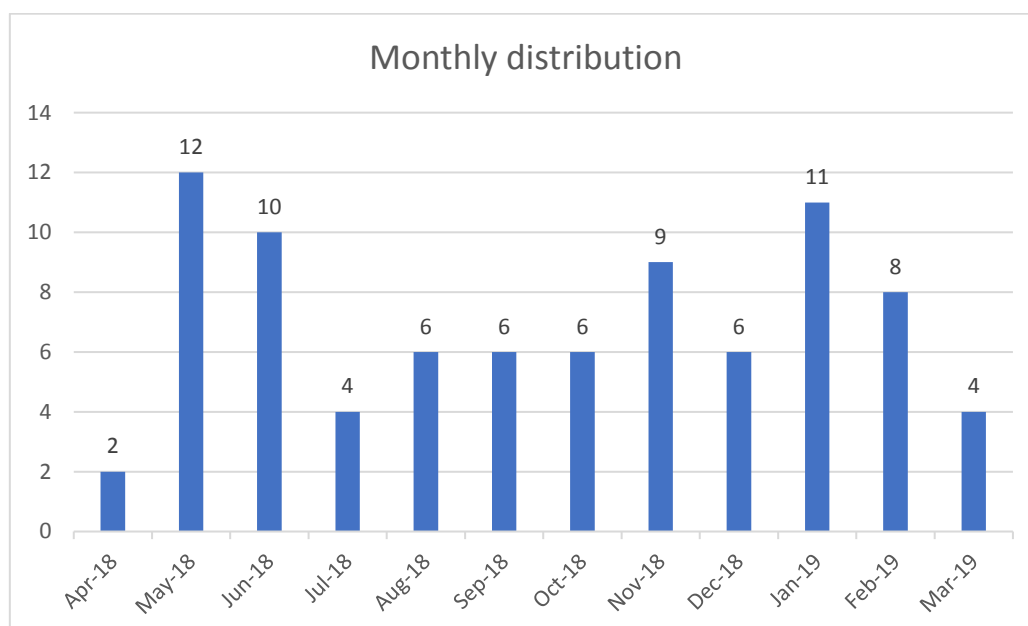
It was fortunate that the Foundation was the beneficiary of Operation Santa Claus (OSC) again. The total donation amount was HK\$750,000 which would support the operation of hydrotherapy programme, and 2 new exercises for arthritis patients, laughter yoga and floor curling, from March 2017 to February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

1 Patient Support Fund

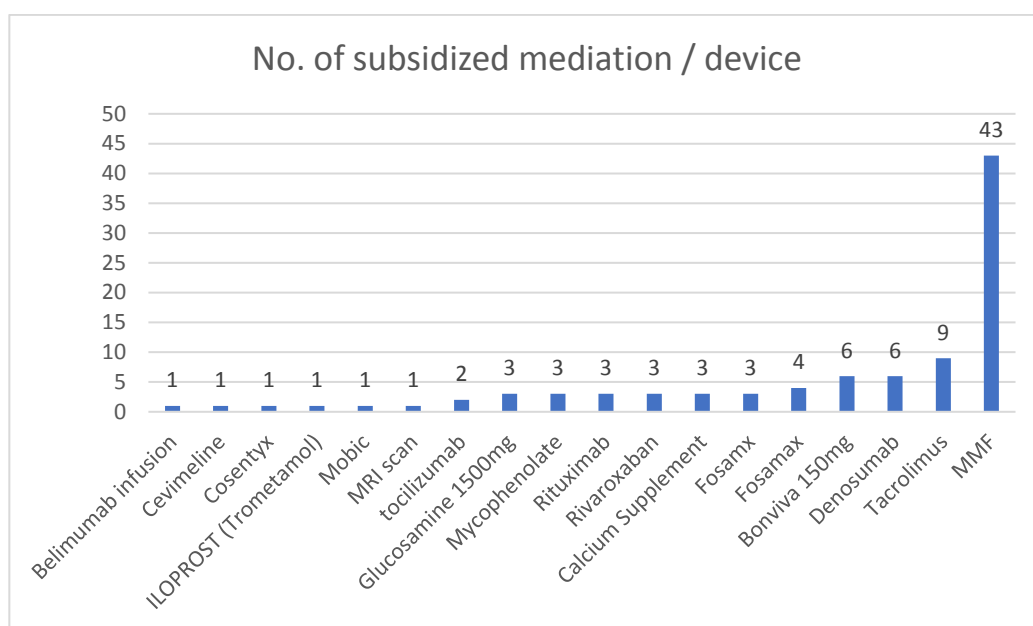
The aim of the Patient Support Fund is to provide financial assistance to needy patients to procure medications, including non-government subsidized medications, to purchase devices for arthritis rehabilitation, and to arrange for necessary home modifications. The applicant must be a Hong Kong resident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

1.1 Total approved applications and amount from 1 April 2018 to 31 March 2019:

Total number of application received:	84	Approved:	83
		Rejected:	1
Total amount:		HK\$ 220,248.70	
Total no. of patients benefited:		37 (12 new patients)	



1.2 Medications



2 Expensive Drug Support Scheme

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

The 6 drugs under the scheme were listed below:

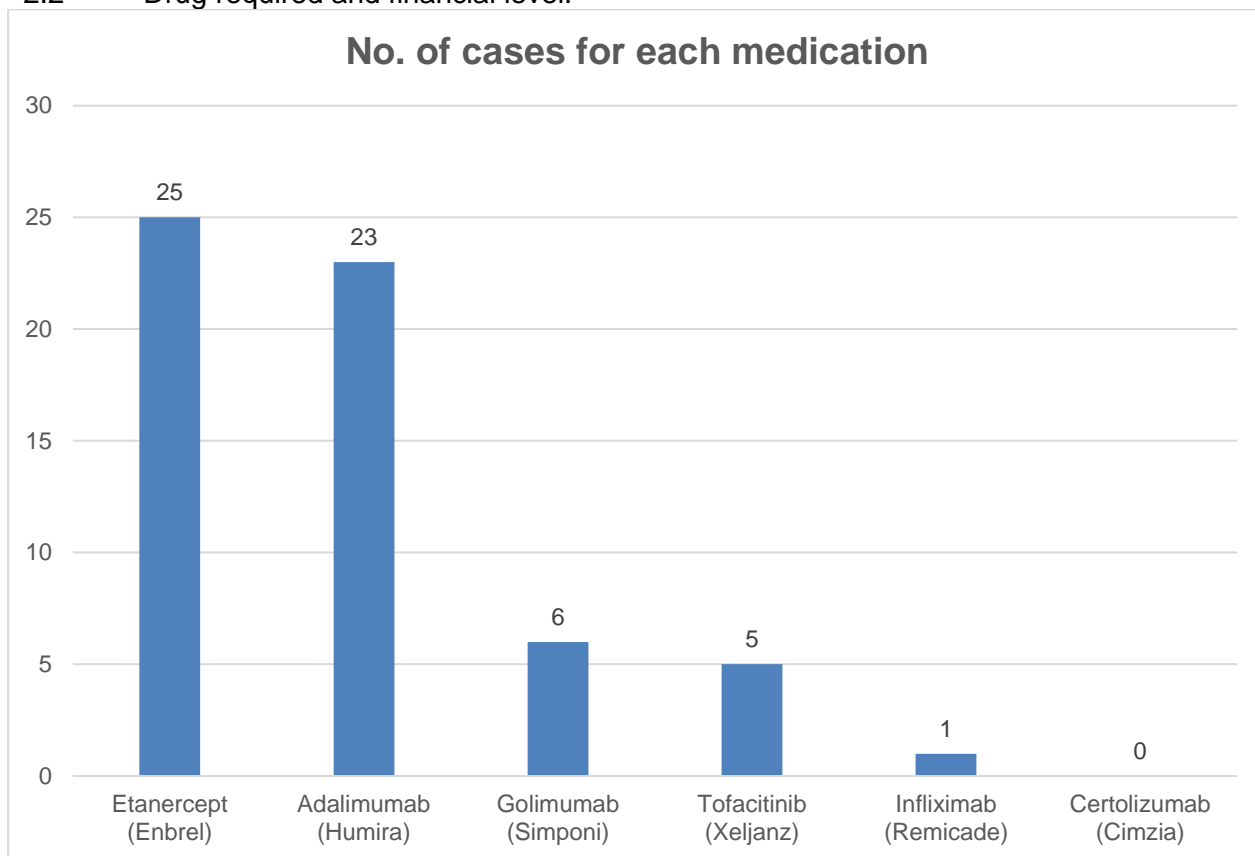
1. Infliximab (Remicade®)
2. Etanercept (Enbrel®)
3. Adalimumab (Humira®)
4. Golimumab (Simponi®)
5. Tofacitinib (Xeljanz®)
6. Certolizumab (Cimzia®)

2.1 Total number of applications received from **1 April 2018 to 31 March 2019**:

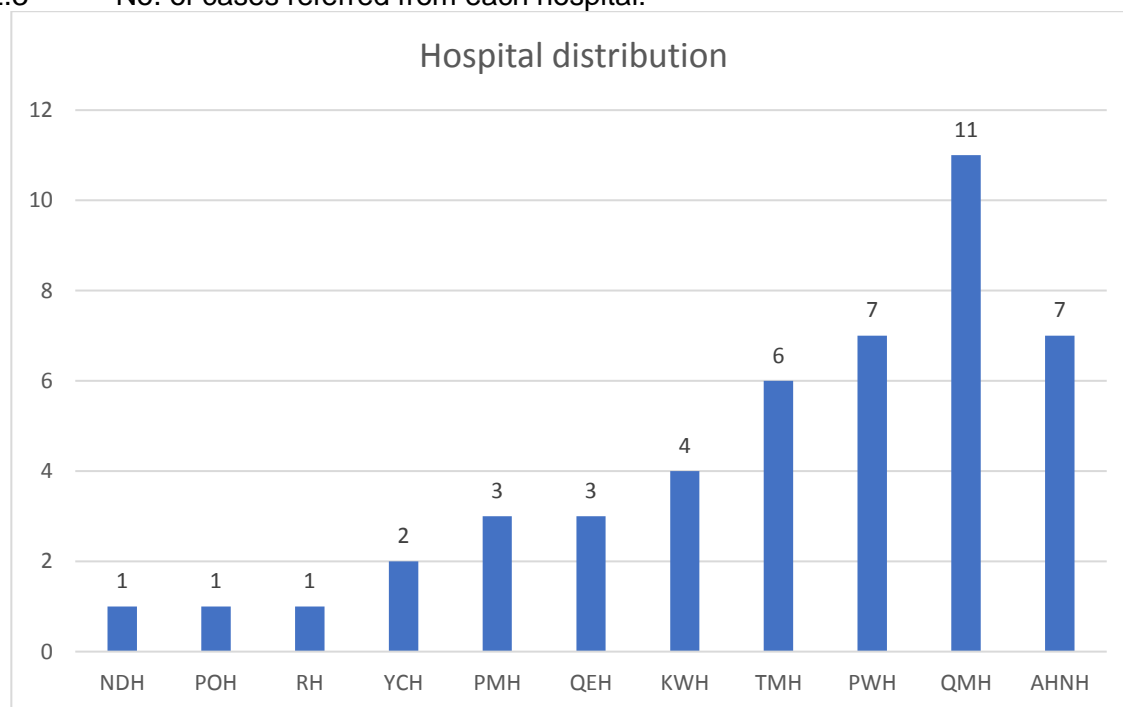
Total number of application received: 60 Approved: 60

Total cost of subsidised medications: HK\$2,360,164.00

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

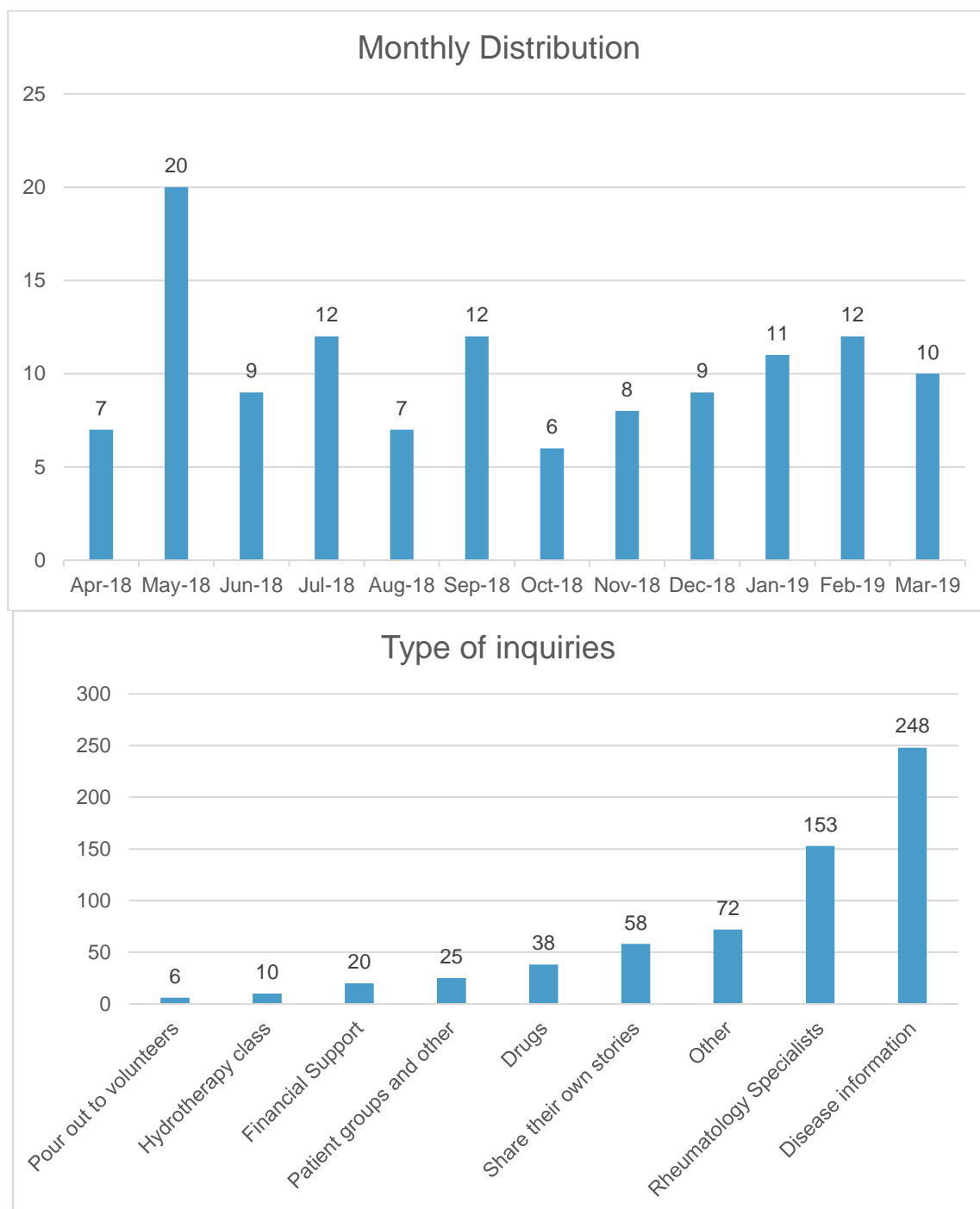
QMH – Queen Mary Hospital
 TMH – Tuen Mun Hospital
 POH – Pok Oi Hospital
 RH – Ruttonjee Hospital
 YCH – Yan Chai Hospital

Total number of incoming calls:

123

Average duration of a call:

14.5 mins



6 **Website Q&A and Email Enquiry**

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

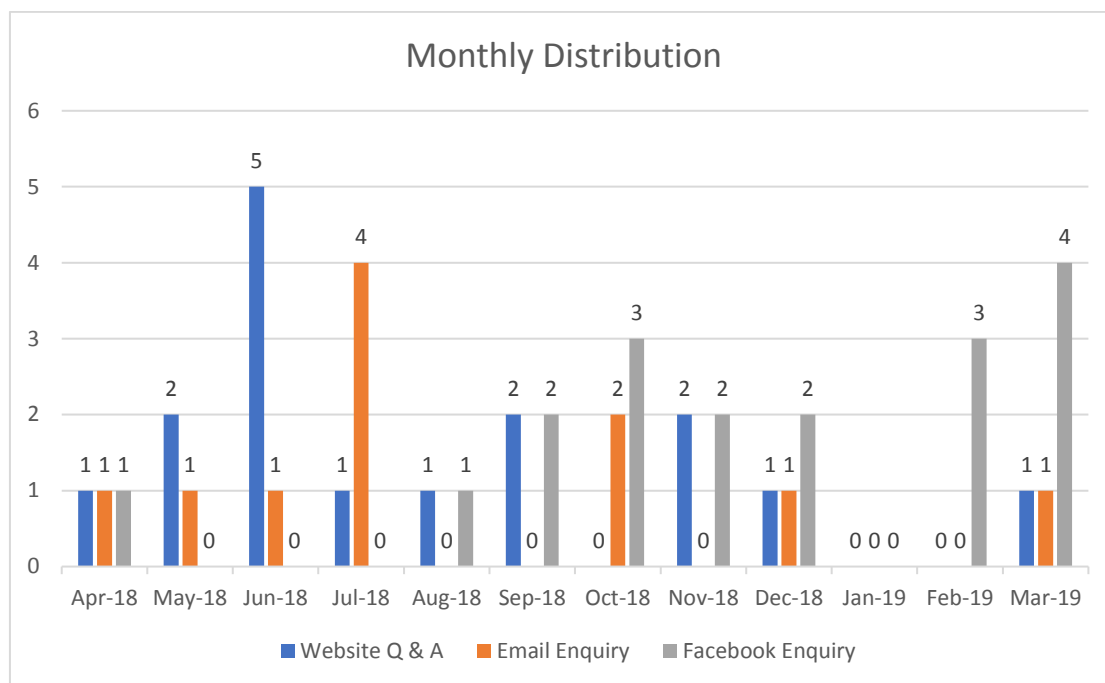
Report on Website Q&A from 1 April 2018 to 31 March 2019:

Total number of inquiries: 16

Report on Email Enquiry Q&A from 1 April 2018 to 31 March 2019:

Total number of inquiries: 11

Report on Facebook Enquiry Q&A from 1 April 2018 to 31 March 2019:

Total number of inquiries: 18

7 **Hydrotherapy Programme (funded by Operation Santa Claus)**

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

Report of Hydrotherapy Programme 2018 from 5 March 2018 to 26 January 2019:

Total number of days:	257	Total number of lessons:	514
Total number of attendances:	4,532	Total number of beneficiaries:	268

2018	Total no. of Enrollment	Total no. of registered	QEH max capacity 88	PYNEH max capacity 24	POH max capacity 12	Enrolled through self-help groups	Enrolled through HKARF - new comers	Enrolled through HKARF - repeaters	No. of new referral cases	No. of withdrawal
Phase 1	120	139	87	21	12	99	12	9	26	8
Phase 2	118	141	85	21	12	103	10	5	20	6
Phase 3	121	162	85	24	12	102	11	8	25	12
Phase 4	123	172	88	23	12	105	14	4	17	3
Phase 5	124	169	88	24	12	102	17	5	30	13
Phase 6*	66	81	66	N/A	N/A	59	0	7	N/A	N/A
Total	672	864	499	113	60	570	64	38	118	42

8 Other Training Programmes (funded by Operation Santa Claus)

8.1 PT Exercise Class

Physiotherapists supervised Exercise Classes were conducted for patients in our centre **from 1 April 2018 to 17 January 2019:**

2018	Total no. of participants	New comers	Repeaters	Class for clients with autoimmune disease (max capacity =16)	Class for clients with osteoarthritis (max capacity =16)	No. of new cases referral	No. of withdrawal
Phase 1	26	2	24	15	11	2	0
Phase 2	26	5	21	14	12	5	4
Phase 3	28	4	24	14	14	4	0
Phase 4	30	2	28	15	15	2	0
Phase 5	25	1	24	14	11	1	0
Phase 6	29	4	25	15	14	4	1
Phase 7	26	2	24	13	13	2	0
Total	190	20	170	100	90	20	5

8.2 OT Consultation Service

OT Consultation and Assessment Sessions were held for individual patients **from 1 April 2018 to 31 March 2019:**

Total number of new referral cases: 22

Registered: 20 Withdrawn: 5

Total number of sessions served: 20

Total number of splints made: 4

Hand	Finger	Paddle	Resting	Working	Splint	Night
1 (0)	0 (0)	0 (0)	1 (0)	2 (2)	0 (1)	0 (0)

Current waiting time for new appointment: < 1 week

8.3 Health Check Day

The first Health Check Day: **25 March 2019**

Total number of participants: 32

Checking items:

- 1) Uric Acid checking
- 2) Blood pressure measure
- 3) Bone density checking
- 4) BMI

After checked the above 4 items, there would be a medical student to explain the report.

8.4 Arthritis Self-Management Programme

Arthritis Self-Management Programme was conducted for interested patients in groups from **1 April 2018 to 31 January 2019**:

Class Period	Venue	No. of participants in regular class	No. of participants in reunion session
17 May – 7 Jun 2018	CRN Li Cheng Uk Centre	12	Cancelled
8 Aug – 29 Aug 2018	CRN Tai Hing Centre	Cancelled	
5 Sep – 26 Sep 2018	CRN Kornhill Centre	Cancelled	
8 Sep – 29 Sep 2018	CRN Prince of Wales Centre	Cancelled	
27 Oct – 17 Nov 2018	CRN Li Cheng Uk Centre	15	13
10 Jan – 31 Jan 2019	CRN Tai Hing Centre	Cancelled	
20 Feb – 13 Mar 2019	CRN Li Cheng Uk Centre	10	8
22 Feb – 15 Mar 2019	CRN Wo Che Centre	Cancelled	
6 Mar – 27 Mar 2019	CRN Kornhill Centre	8	0
Total		48 (73)	21 (15)

9 **New Exercise programme 2017 (funded by Operation Santa Claus)**

Since 2017, newly acquainted sports, floor curling will be introduced to raise the patients' interest. The floor curling competition will be held at the International Arthritis Day carnival to motivate patients to practice. Successful experience can reinforce their exercise habit and demonstrate that arthritis persons can exercise in spite of their pain and it can help to control their body weight to release the pressure of their joints and strengthen their muscle.

Another type of exercise, laughter yoga will also be introduced to arthritis patients. It is a practice involving prolonged voluntary laughter. Laughter yoga is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. Laughter Yoga is like an aerobic exercise (cardio workout) which

brings more oxygen to the body and brain thereby making one feel more energetic and relaxed. It could help to improve the patients' fitness physically and mentally.

9.1 Laughter Yoga

Period: 1 April 2018 to 31 October 2018

	Total no. of participants	Repeaters	No. of new cases referral	No. of withdrawal
Phase 1 Apr	6	1	5	0
Phase 2 Jun	7	2	5	0
Phase 3 Aug	4	1	5	2
Phase 4 Oct	2	2	0	0
Total	19	6	15	2

9.2 Floor Curling

Period: 6 March 2018 to 3 December 2018

	Total no. of participants	Repeaters	No. of new cases referral	No. of withdrawal
Phase 1 Mar	6	1	5	0
Phase 2 Jul	5	0	5	0
Phase 3 Nov	6	3	4	1
Total	17	4	14	1

9.3 Floor Curling (Advanced)

Period: 14 May 2018 to 10 September 2018

	Total no. of participants	Repeaters	No. of withdrawal
Phase 1 May	8	0	0
Phase 2 Sep	6	0	1
Total	14	0	1

Total Expenditure during the period 1 April 2018– 31 March 2019

	Approved Cases	Approved Amount
1. Patient Support Fund	83	HK\$ 220,248.70
2. Expensive Drug Support Scheme	60	
3. Emergency Fund	1	HK\$ 5000.00
4. Activity Fund	4	HK\$ 27,602.00
5. "Arthritis Buddy" Helpline (Volunteers allowance)		HK\$ 1,200.00
Net Expense:		<u>HK\$ 254,050.70</u>

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

1 OSC Funding	HK\$	1,100,000.00
2 Hydrotherapy program 2015 participants' fee	HK\$	190,340.00
3 Hydrotherapy program 2016 participants' fee	HK\$	179,080.00
4 Hydrotherapy program 2017 participants' fee	HK\$	227,160.00
5 PT Class 2015 participants' fee	HK\$	26,160.00
6 PT Class 2016 participants' fee	HK\$	26,880.00
7 PT Class 2017 participants' fee	HK\$	37,920.00
8 PT Class 2018 participants' fee	HK\$	37,440.00
9 PT Class 2019 participants' fee	HK\$	14,580.00
10 OT 2015 consultation fee	HK\$	2,160.00
11 OT 2016 consultation fee	HK\$	1,920.00
12 OT 2017 consultation fee	HK\$	960.00
13 OT 2018 consultation fee	HK\$	1,050.00
14 OT 2019 consultation fee	HK\$	320.00
Sub-total: HK\$		<u>1,845,970.00</u>

Account receivables

Expense:

1 Promotion leaflets	HK\$	12,400.00
2 PT/OT Insurance 2015	HK\$	4,000.00
3 PT/OT Insurance 2016	HK\$	4,000.00
4 PT/OT Insurance 2017	HK\$	4,000.00
5 PT/OT Insurance 2018	HK\$	4,000.00
PT/OT Insurance 2019	HK\$	4,002.40
6 PT - PT fee 2015 (ph 1-7)	HK\$	55,440.00
7 PT - PT fee 2016 (ph 1-6)	HK\$	54,000.00
8 PT - PT fee 2017 (ph 1-8)	HK\$	72,000.00
9 PT - PT fee 2018 (ph 1-7)	HK\$	92,400.00
PT - PT fee 2019 (ph 1)	HK\$	13,200.00
10 PT equipment and materials	HK\$	2,005.60
11 OT fee (Ms Joy Lau)	HK\$	2,500.00
12 OT fee (Ms Kristan, Leung Sze-ming, Apr 15-Sep 16)	HK\$	12,600.00
13 OT fee (Ms Kristan, Leung Sze-ming, Oct 16 - Apr 17)	HK\$	1,600.00
14 OT fee (Ms Trix Lau)	HK\$	4,000.00
15 OT fee (Mr Ernest, Yu Chiu-lun, Nov 15-Sep16)	HK\$	10,000.00
16 OT fee (Mr Ernest, Yu Chiu-lun, Oct 16 - Apr 17)	HK\$	6,000.00
17 OT fee (Mr Ernest, Yu Chiu-lun, May – Nov 17)	HK\$	5,000.00
18 OT fee (Mr Ernest, Yu Chiu-lun, Dec 17 - Jul 18)	HK\$	7,000.00
19 OT fee (Mr Ernest, Yu Chiu-lun, Aug 18 - Jan 19)	HK\$	6,000.00
20 OT equipment and materials	HK\$	12,340.00
21 Health Check 2015	HK\$	300.00
22 Hydrotherapy program 2015 – Insurance	HK\$	4,500.00
23 Hydrotherapy program 2015 - PT fee (ph 1-6)	HK\$	186,560.00
24 Hydrotherapy program 2015 - POH PT fee (ph 1-6)	HK\$	35,200.00
25 Hydrotherapy program 2015 – PYNEH Pool Rental (ph 1-6)	HK\$	25,200.00

26 Hydrotherapy program 2015 – POH Pool Rental (ph 1-6)	HK\$	20,250.00
27 Hydrotherapy program 2015 – QEH Pool Rental (ph 1-6)	HK\$	119,000.00
28 Hydrotherapy program 2015 – Refund for class cancelation	HK\$	600.00
29 Hydrotherapy program 2016 – Insurance	HK\$	4,500.00
30 Hydrotherapy program 2016 - PT fee (ph 1-5)	HK\$	200,000.00
31 Hydrotherapy program 2016 – POH PT fee (ph 1-5)	HK\$	32,000.00
32 Hydrotherapy program 2016 – POH Pool Rental (ph 1-5)	HK\$	18,450.00
33 Hydrotherapy program 2016 – PYNEH Pool Rental (ph 1-5)	HK\$	30,100.00
34 Hydrotherapy program 2016 – QEH Pool Rental (ph 1-5)	HK\$	110,600.00
35 Hydrotherapy program 2017 - Insurance	HK\$	4,500.00
36 Hydrotherapy program 2017 - POH Pool Rental (ph 1-6)	HK\$	19,800.00
37 Hydrotherapy program 2017 – POH PT fee (ph 1-6)	HK\$	37,600.00
38 Hydrotherapy program 2017 - PT fee (ph 1-6)	HK\$	239,000.00
39 Hydrotherapy program 2017 – PYNEH Pool Rental (ph 1-6)	HK\$	30,100.00
40 Hydrotherapy program 2017 - QEH Pool Rental (ph 1-6)	HK\$	133,700.00
41 Hydrotherapy program - promotion video shooting	HK\$	10,000.00
42 Hydrotherapy program - pool rental for promotion video shooting	HK\$	8,640.00
43 ASMP expense	HK\$	10,745.80
44 ASMP in China	HK\$	3,980.00
45 Postage	HK\$	15,300.00
46 Miscellaneous	HK\$	2,373.00
47 Administrative cost (part-time staff to handle all logistics)	HK\$	81,000.00
Sub-total: HK\$		<u>1,772,486.80</u>

<u>2015 OCS Funding Remained (Terminated in Feb 2018):</u>	<u>Total:</u>	<u>73,483.20</u>
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Programme supported by OSC 2017**Income:**

1 OSC Funding	HK\$	750,000.00
2 Floor Curling Class 2017 participants' fee	HK\$	1,840.00
3 Floor Curling Class 2018 participants' fee	HK\$	620.00
4 Floor Curling Class 2019 participants' fee	HK\$	160.00
5 Floor Curling Advanced Class 2017 participants' fee	HK\$	480.00
6 Floor Curling Advanced Class 2018 participants' fee	HK\$	420.00
7 Laughter Yoga Class 2017 participants' fee	HK\$	1,580.00
8 Laughter Yoga Class 2018 participants' fee	HK\$	620.00
9 Laughter Yoga Class 2019 participants' fee	HK\$	280.00
10 Hydrotherapy program 2018 participants' fee	HK\$	204,200.00
11 Hydrotherapy program 2019 participants' fee	HK\$	47,200.00
Sub-total:	<u>HK\$</u>	<u>1,007,400.00</u>

Expense:

1 Floor curling equipment	HK\$	27,000.00
2 Postage for mailing Laughter Yoga & Floor Curling poster	HK\$	815.00
3 Printing Poster (laughter yoga / floor curling)	HK\$	8,100.00
4 Floor curling class 2017 (CRN)	HK\$	2,500.00
5 Floor curling class 2017 (ph.1 - 3)	HK\$	10,000.00
6 Floor curling advanced class 2017 (ph.1)	HK\$	2,500.00
7 Floor curling class 2018 (ph.1 - 3)	HK\$	7,500.00
8 Floor curling advanced class 2018 (ph.1 - 2)	HK\$	5,000.00
9 Laughter Yoga 2017 (11/04/2017, 27/04/2017)	HK\$	1,200.00
10 Laughter Yoga 2017 (ph. 1-5)	HK\$	12,000.00
11 Laughter Yoga 2018 (CRN)	HK\$	2,400.00
12 Laughter Yoga 2018 (ph. 1-3)	HK\$	7,200.00
13 Laughter Yoga 2019 (ph. 1)	HK\$	2,600.00
14 Hydrotherapy program 2018 - Insurance	HK\$	4,500.00
15 Hydrotherapy program 2019 - Insurance	HK\$	4,502.70
16 Hydrotherapy program 2018 - POH Pool Rental (ph 1-5)	HK\$	18,000.00
17 Hydrotherapy program 2018 - PYNEH Pool Rental (ph 1-5)	HK\$	30,800.00
18 Hydrotherapy program 2018 - QEH Pool Rental (ph 1-6)	HK\$	123,900.00
19 Hydrotherapy program 2019 - QEH Pool Rental (ph 1-6)	HK\$	117,600.00
20 Hydrotherapy program 2018 - PT fee (ph 1-6)	HK\$	257,400.00
21 Hydrotherapy program 2019 - PT fee (ph 1)	HK\$	44,000.00
22 Hydrotherapy program 2018 - POH PT fee (ph 1-5)	HK\$	24,800.00
23 Hydrotherapy program 2019 - POH PT fee (ph 1-3)	HK\$	19,200.00
Sub-total:	<u>HK\$</u>	<u>733,517.70</u>

2017 OCS Funding Remained**HK\$****273,882.30****(Terminated in Mar 2019 for FC&LY & Aug 2019 for Hydro)**

Report of the Scientific Committee (2018/19)

1) HKARF/HKSR Scholarships

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

Applicants must be full time medical doctors in rheumatology training or full time allied health professionals including nurses, occupational therapists, physiotherapists, dieticians who are involved in rheumatology service. For trainees, only rheumatology trainees undertaking a supervised training program under the Hong Kong College of Physicians are eligible to apply. The deadline for applications has been set to 30 June every year. There was no application for the year 2018/19.

2) Newsletter for Healthcare Professionals: CHARM

As a means of education and provision of updated information regarding management of rheumatic diseases to health care professionals, annual issues of a 'topic-focused' medical bulletin for professionals named CHARM, representing CARE, HEALTH and ARTHRITIS and RHEUMATISM MANAGEMENT, have been launched since February 2009. The newsletter was disseminated to multi-disciplinary healthcare workers involved in the management of patients with rheumatic diseases. Each issue involves articles from cross-disciplines including Rheumatology, Paediatrics Rheumatology, Orthopaedic surgery, Physiotherapy, Occupational therapy and Rheumatology nursing. CHARM Vol. 12 was published on December 2018 and the topic was inflammatory myositis.

Appendix

Activity List 2018/19

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

Date	Event	Committee
April 2018	OSC programme – Floor Curling starts	Patient Support Committee
21 April 2018	Educational Talk – Cardiovascular disease & Rheumatology Speaker: Dr Yim Cheuk-wan Ms Lam Lai-ying No. of participants: 123	Education Committee
30 June 2018	Educational Talk – Drugs and Pregnancy Speaker: Dr Lee Ka-lai Dr Cheng Wing-tak No. of participants: 42	Education Committee
1 July 2018	Newsletter – Arthritis Care Vol. 27 No. of issues: 5,000	Newsletter Sub-committee
11 August 2018	Multidisciplinary Educational Series for Healthcare Professionals in Rheumatology – Osteoporosis Speakers: Dr Temy Mok Dr Cheung Man Hong Ms Bernice Ho Ki Ms Cheung Ching Yu Mr Ryan Choi Ka Wai Dr Minnie Siu Mei Yi No. of participants: 344	Scientific Committee
26 August 2018	Arthritis Patient Conference Guest of Honour: Dr Chui Tak-yi Speaker: Prof. Lau Chak-sing Dr Yip Man-lung Dr Lee Kwok-piu Dr Lee Ka-wing, Gavin Prof. Tam Lai-shan Dr Chan Man-chun Dr Cheung Tsang Dr Chan Hoi-yan Dr Lidan Zhong Mr Cheng Chung-keung Miss Wu Hoi-ming Dr Lau Tak-yin	Education Committee
29 September 2018	Educational Talk – Pain management Speaker: Dr Ho Tsz-kwan Ms Anna Kwok No. of participants: 133	Education Committee
16 October 2018	Fundraising – Elton's Charity Film Show	Fundraising Committee
24 October 2018	International Arthritis Day Carnival Venue: D. Park, Tsuen Wan	Education Committee

10 November 2018	Educational Talk – Vasculitis Speaker: Dr Yeung Wan-yin No. of participants: 91	Education Committee
24 November 2018	Educational Talk – Foot disease and Rheumatology Speaker: Dr Cheung Man-hong Ms Wan Wing-sa Ms Chan Wai-gi No. of participants: 133	Education Committee
1 December 2018	Newsletter – Arthritis Care Vol. 28 No. of issues: 5,000	Newsletter Sub-committee
4 December 2018	Christmas Party for Hydrotherapy and Helpline programmes' volunteers No. of participants: 30	Executive Committee
3 March 2019	Chinese New Year Party No. of Participants: 70	Executive Committee
25 March 2019	Health Check Day Venue: Humansa (Tin Hau) No. of Participants: 32	Patient Support Committee
30 March 2019	Educational Talk – Common Pain killer, Praises Physiotherapy and Rheumatology Speaker: Dr Ma Kai-yiu Ms Chu Man-lai No. of participants: 159	Education Committee

List of activity for the year 2019/20 (for the year ended 31 March 2020)

Date	Event	Committee
1 March 2019	Hydrotherapy Programme starts	Patient Support Committee
1 March 2019	Occupational Therapy Consultation	Patient Support Committee
1 March 2019	Publish of 2 nd Phase of Disease Booklet	Educational Committee
6 March 2019	Physiotherapy Programme starts	Patient Support Committee
1 April 2019	OSC Programme – Laughter Yoga	Patient Support Committee
4 May 2019	Arthritis Self-Management Programme	Patient Support Committee
1 June 2019	Clay Workshop starts	Patient Support Committee
11 May 2019	Educational Talk – Biologics and Biosimilars, Speaker: Dr Wong Ching-han, Priscilla Ms Judy Yu No. of participants: 130	Education Committee
22 June 2019	Educational Talk – Steroid Speaker: Dr Tommy Cheung Ms Gladys Kwok No. of participants: 77	Education Committee
6 July 2019	Educational Talk – SLE Speaker: Dr Ciang Chu-oi Ms Chan Bik-ki No. of participants: 67	Educational Committee
21 July 2019	Charity Concert for Hydrotherapy for People with Arthritis Disease	Fundraising Committee
1 September 2019	Rheumatoid Arthritis Mobile Apps	Educational Committee

4 September 2019	HKRT Programme on Rheumatic Diseases Speaker: Dr Chan Tak-hin Dr Yu Ka-lung, Carrel Dr Chan Ka-yan, Helen Dr Chau Shuk Yi, Lucia Dr Ng Sin Ngai, Ray	Educational Committee
21 September 2019	Educational Talk – Samaritan Fund Speaker: Dr Mok Chi-chiu Ms Siu Wing-yee Ms Cheung Mei-yee No. of participants: 40	Educational Committee
28 September 2019	Educational Talk – Vasculitis Speaker: Dr Chan Pui-shan No. of participants: 81	Educational Committee
1 October 2019	Victoria to Peak 10+1 Challenge 2019	Fundraising Committee
26 October 2019	Educational Talk – Scleroderma Speaker: Dr Ma Kai-yiu No. of participants: 49	Educational Committee
3 November 2019	Educational Talk – Rheumatoid Arthritis Speaker: Dr Ng Sin Ngai, Ray Ms Lui Mei-shan No. of participants: 62	Educational Committee
23 November 2019	Educational Talk – Rheumatism & Blood Speaker: Dr Lee Ka-lai Dr Liu Sung-yu, Herman No. of participants: 78	Educational Committee
10 December 2019	Christmas Party with Volunteers serving Hydrotherapy and Arthritis Helpline No. of Participants: 32	Executive Committee
4 December 2019	Rheumatoid Arthritis Book Launch Speaker: Prof. Lau Chak-sing Ms Lavin Wong Mr Chu Chiu-ying Mr Michael Kei	Educational 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