

# **Annual Report**

# **周年報告**

# **2019/20**

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

**(for the year ended 31 March 2020)**

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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 organizations in Hong Kong, Mainland China, and abroad to promote the objectives of the Foundation

## Chairman's Message

First of all, I would like to thank the members of the Executive Committee in supporting me as the Chairman of Hong Kong Arthritis & Rheumatism Foundation. It is a great honor to be endowed such an important responsibility in leading our Foundation to serve our patients, and our community.

For the year 2019/2020, the services and activities of our Foundation were being interrupted significantly due to social events and subsequently the pandemic of COVID-19. Exercises classes, public talks and our yearly International Arthritis Day Carnival 2019 were put on hold or cancelled. With the advice of the Executive Committee members and the hard work of our team in Foundation Office, we had been trying hard to adjust to the rapidly changing situation.

While the face-to-face activities were particularly affected by the social-distancing requirement, Foundation strived to serve our patients and community by existing programs including telephone hotline, printed educational materials, publication of book and financial support via patient support fund and expensive drug support scheme (EDSS). As a matter of fact, Foundation received and processed a record-breaking number of 166 applications for EDSS, as compared to only 60 applications in the previous year.

We also enhanced activities of our Facebook page including educational posts and Facebook Live in attempt to reach out to our patients. When there was a shortage of personal protective materials in the city, Foundation received donation of face masks from kindhearted donors. We distributed all these items to patients in need.

The services of Foundation were even more important since some of our patients were put into financial difficulty and psychological stress under the existing social circumstances. With the collective effort of team in Foundation, our patient support groups and NGO collaborators in particularly Community Rehabilitation Network, we should overcome this difficult time.

Dr Lee Ka Wing, Gavin  
Chairman

## 主席的話

首先，我要感謝各執行委員會委員支持我擔任香港風濕病基金會主席，本人非常榮幸能被委此重任，帶領基金會，為病患者及社區提供服務。

2019 至 2020 年度，由於社會事件及 COVID-19 疫情，基金會大部份服務和活動因而受到影響；運動班、實體教育講座，以及每年舉行的世界風濕病日暨同樂日都需要暫停或取消。但有賴執行委員會和基金會辦公室團隊的全體努力下，在瞬息萬變的疫情中，努力地在服務上作出調整。

雖然實體活動受到社交距離措施的影響，但基金會努力透過現有計劃，包括：電話支援熱線、教育小冊子、書籍，以及透過昂貴藥物支援計劃 (EDSS)，竭力為病患者提供適當援助。而事實上本會收到及處理了破紀錄的 166 份 EDSS 申請(2018/19 年度則為 60 份申請)。

此外，基金會加強了 Facebook 專頁活動，包括教育帖文和 Facebook 教育講座直播，於疫情下繼續與病患者保持聯繫，提供支援。而當大家欠缺個人防護用品時，基金會從善心的捐助者收到了口罩及防疫用品，讓我們可以分發給有需要的病患者手中。

鑒於現有的經濟及社會環境下，病患者可能更容易陷入財務困難及構成心理壓力，從而影響病情，基金會的服務顯得尤其重要。本會會繼續與病人互助組織、社福機構，特別是社區復康網絡攜手合作，我們定能克服這個困難時期。

主席

李家榮醫生



## GOVERNANCE

### Honorary Presidents:

Dr. David FANG, SBS, JP

方津生醫生

Prof. LAU Chak-sing, MD (Hons), JP (founding Chairman)

劉澤星教授 (創會主席)

Mr. YAU Po-wing, David

游寶榮先生

Dr. Chan Tak-hin

陳德顯醫生

### Honorary Advisors:

Dr. CHAN Ka-ho (Specialist in Rheumatology)

陳嘉何醫生

Ms. Camilla CHAN

陳劍淑女士

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

陳麗雲教授

Ms. Shirley CHAN (Hong Kong Global Lions Club)

陳書琴女士

Ms. Mabel CHAU (Hong Kong Society for Rehabilitation)

周敏姬女士

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

鄭煥新先生

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

卓歐靜美女士

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

張偉良先生

Prof. Peter CHIU (The University of Hong Kong)

曲廣運教授

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

周肇平教授

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

朱孟怡博士

Dr. Margaret CHUNG (Regeneration Society)

鍾惠玲博士

Dr. Emily KUN (Tai Po Hospital)

靳惠蓮醫生

Mrs. Linda LAU

劉洪文燕女士

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

劉宇隆教授

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

李繼堯醫生

Dr. LEE Tsz-leung (Hospital Authority)

李子良醫生

Prof. 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. LEE Ka-wing, Gavin <i>Chairman</i>	Mr. CHAN Kar-lok <i>Vice-chairman</i>	Dr. NG Kam-hung, Daniel <i>Vice-chairman</i>	Ms. Christine LEUNG <i>Hon Secretary</i>
李家榮醫生	陳家樂先生	吳錦鴻醫生	梁綺薇女士
			
	Dr. PAK TANG Siu-fan, Lorraine <i>Hon. Treasurer</i>	Ms Elsa CHEUNG <i>Hon. Legal Advisor</i>	
	白鄧紹芬博士	張惠嫻律師	
			
Ms. CHAN King-chu	Ms. Pauline CHENG	Mr. Andy HO, JP	Dr. LEE Ka-yan, David, JP
陳琮珠女士	鄭寶花女士	何安達先生	李家仁醫生
			
Ms. Gladys KWOK	Dr. MOK Mo-yin, Temy	Mr. Stanley KWOK	
郭雪琪姑娘	莫慕賢醫生	郭偉良先生	



**Honorary Auditor:** World Link CPA Limited 滙領會計師事務所有限公司

## PERMANENT COMMITTEES

### Education Committee

Convener:	Ms. KWOK Suet-Kei, Gladys	郭雪琪姑娘
	Dr. MA Kai-yiu	馬繼耀醫生
Members:	Dr. CHAN Tak-hin	陳德顯醫生
	Ms. CHOW Kam-wah, Maggie	周錦華女士
	Mr. LAM Wai-hung, Stephen	林韋雄先生
	Ms. Jenny Lau	劉素琮女士
	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. LEE Ka-wing, Gavin	李家榮醫生

### 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
	Dr. LEE Ka-yan, David	李家仁醫生
Ex-officio:	Dr. LEE Ka-wing, Gavin	李家榮醫生

### Patients Support Committee

Convener:	Dr. NG Kam-hung, Daniel	吳錦鴻醫生
Members:	Ms. CHAN King-chu	陳琮珠女士
	Dr. CHAN Tak-hin	陳德顯醫生
	Ms. Viola CHIU	趙廸芬女士
	Ms. Jackie KWAN	關卓妍女士
	Ms. Christine LEUNG	梁綺薇女士
	Mrs. Agnes WONG	黃馮玉棠女士
	Ms. WONG Kam Fung	黃金鳳女士
	Ms. WONG Sai Ha	黃世霞女士
	Ms. WONG Yee-man, Diana	黃綺雯女士
	Dr. YIM Cheuk-wan	嚴卓雲醫生
Ex-officio:	Dr. LEE Ka-wing, Gavin	李家榮醫生

### 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. LEE Ka-wing, Gavin	李家榮醫生

## 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>2018/19</u>	<u>2019/20</u>
<b>Sessions 節數:</b>	<b>514</b>	<b>476</b>
<b>No. of patient-session 人次:</b>	<b>4,532 (268 patients)</b>	<b>4,220 (289 patients)</b>

#### 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>2018/19</u>	<u>2019/20</u>
<b>Sessions 節數:</b>	<b>168</b>	<b>156</b>
<b>No. of patient-session 人次:</b>	<b>871 (46 patients)</b>	<b>762 (58 patients)</b>

#### 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>2018/19</u>	<u>2019/20</u>
<b>No. of patient-session 人次:</b>	<b>20</b>	<b>8</b>

#### 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>2018/19</u>	<u>2019/20</u>
<b>Sessions 節數:</b>	<b>16</b>	<b>4</b>
<b>No. of patient-session 人次:</b>	<b>60 (19 patients)</b>	<b>25 (11 patients)</b>



## 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>2018/19</u>	<u>2019/20</u>
<b>No. of application approved 批核申請:</b>	<b>83</b>	<b>71</b>
<b>No. of beneficiaries 受惠人數:</b>	<b>37</b>	<b>33</b>
<b>Average subsidy amount 平均資助額:</b>	<b>HK\$6,118 per patient</b>	<b>HK\$5,428.83 per patient</b>
<b>Total subsidy amount 總支援金額:</b>	<b>HK\$220,248.70</b>	<b>HK\$179,151.60</b>

## 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>2018/19</u>	<u>2019/20</u>
<b>No. of application approved 批核申請:</b>	<b>1</b>	<b>0</b>
<b>Total cost of subsidised medications 總支援藥物金額:</b>	<b>HK\$5,000</b>	<b>HK\$0</b>

## 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>2018/19</u>	<u>2019/20</u>
<b>No. of grants approved 已批資助數目:</b>	<b>4</b>	<b>1</b>
<b>No. of beneficiaries 受惠人數:</b>	<b>957</b>	<b>252</b>
<b>Total amount 總資助金額:</b>	<b>HK\$27,602</b>	<b>HK\$8,000</b>

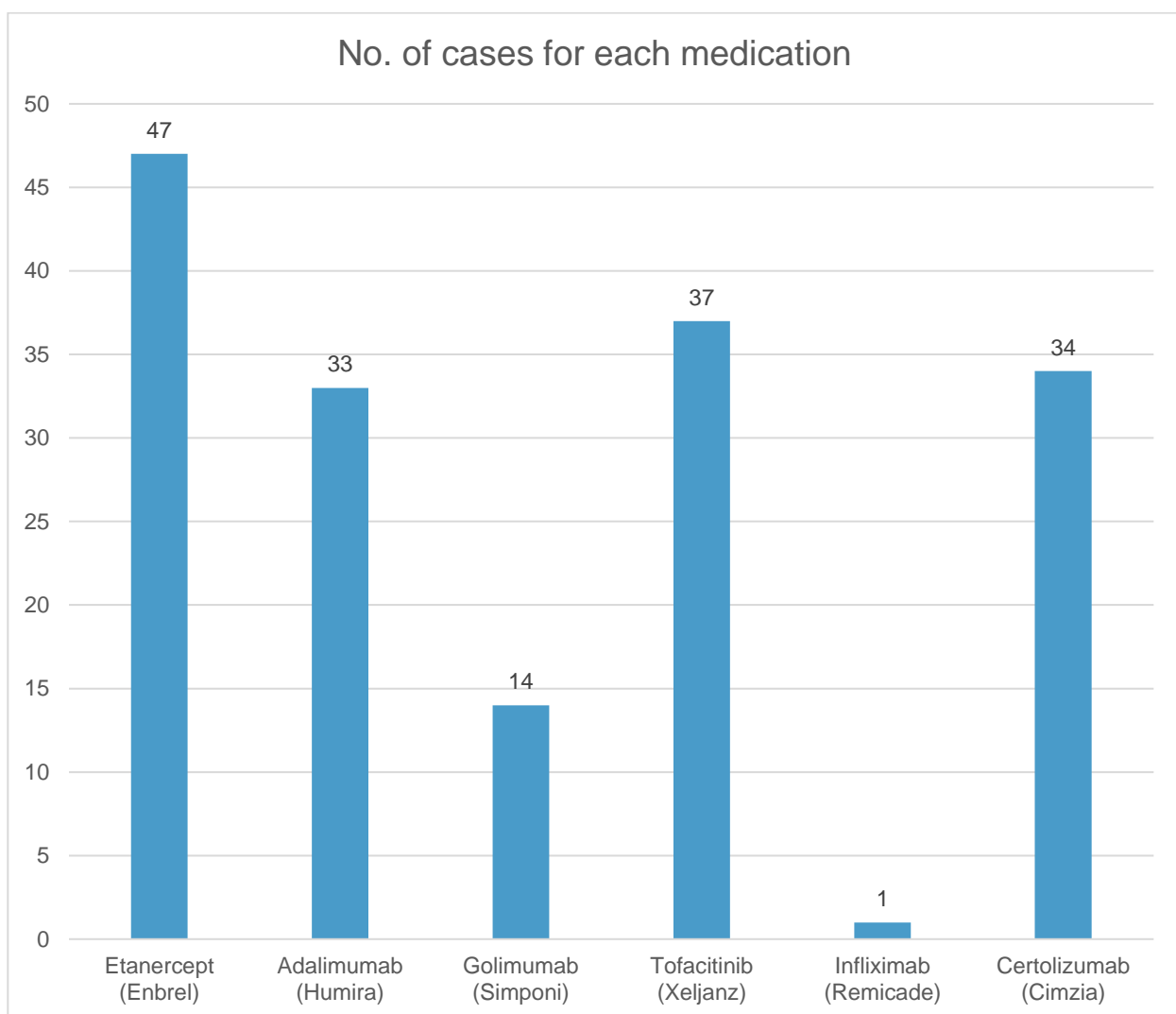


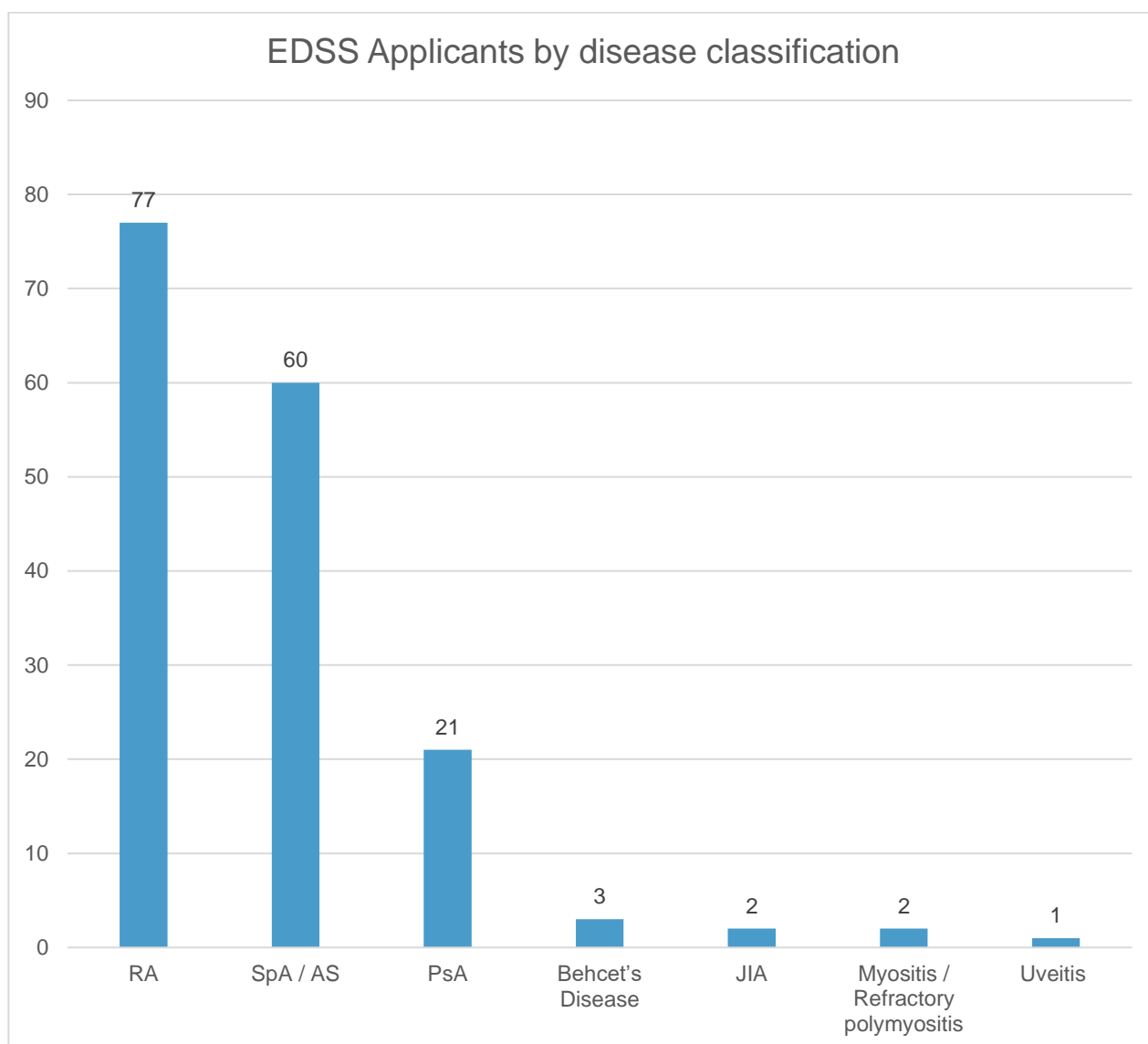
### Expensive Drug Support Scheme (EDSS) 昂貴藥物支援計劃

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>2018/19</u>	<u>2019/20</u>
<b>No. of beneficiaries 受惠人數:</b>	<b>60</b>	<b>165</b>
<b>Total cost of subsidised medications 總支援藥物金額:</b>	<b>HK\$2,360,164</b>	<b>HK\$5,752,604</b>





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)

Myositis / Refractory polymyositis 皮肌炎 / 多肌炎

## 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。



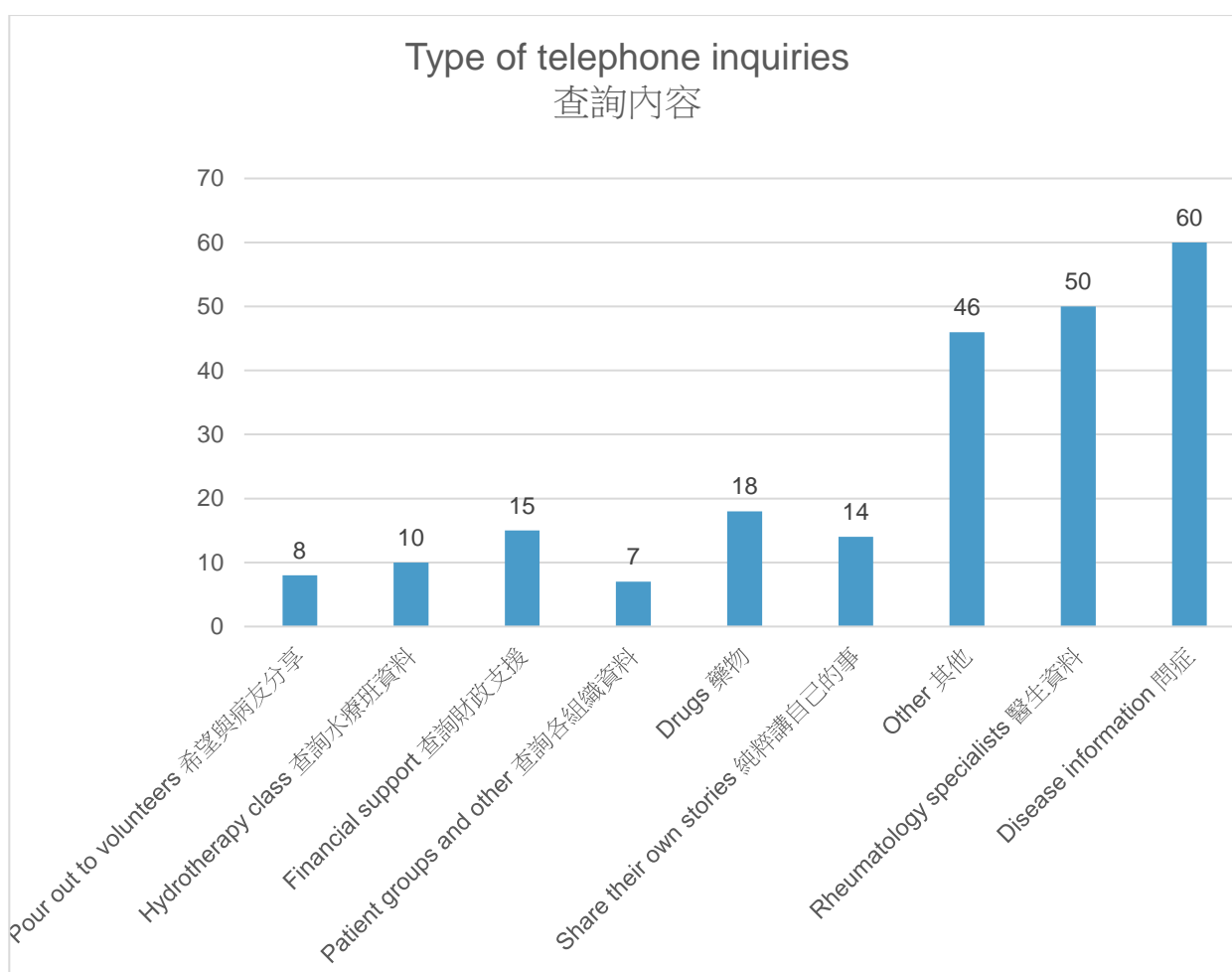
## PATIENTS SUPPORT SERVICE 病患者支援服務

### 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>2018/19</u>	<u>2019/20</u>
<b>No. of telephone inquiry 查詢電話數目:</b>	<b>135</b>	<b>134</b>





## EDUCATION 教育工作

### Educational Talks 健康教育講座

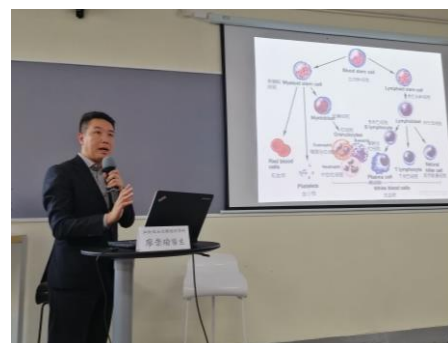
HKARF organises regular education talks in different districts to raise awareness of rheumatic disease in the community and to provide correct information to those with the disease.

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。

	2018/19	2019/20
<b>Total number of talks 講座數目:</b>	<b>5</b>	<b>9</b>
<b>No. of beneficiaries 受惠人數:</b>	<b>522</b>	<b>742</b>
<b>No. of participants in Patient Conference 研討會參加人數:</b>	<b>344</b>	<b>0</b>

#### Topic of talks 講座主題

- Rheumatic diseases, Bowen Therapy and common painkiller 「按」到即「止」:風濕病與筋膜治療及常用止痛藥物
- The similarities and differences between biologics and biosimilars 生物製劑、生物相似製劑——哪裏相似?
- The application of steroids in rheumatic diseases 類固醇——少用為妙?類固醇在風濕病的應用
- Systemic Lupus Erythematosus - Organic lesion, treatment and nursing 紅斑狼瘡——器官損傷與治療/護理
- Samaritan Fund – Who is eligible? 第三季季度講座 – 「撒瑪利亞基金」--誰可申請?
- Vasculitis – artery, vein and blood capillary 系統性血管炎 - 從動脈，靜脈和微血管談起
- Scleroderma information and diets 手指變色?小心硬皮症!
- How to cope with Rheumatoid Arthritis 如何面對類風濕性關節炎
- Rheumatic diseases and blood issues 第四季季度講座 - 血的疑惑: 風濕病與血液問題





**RTHK Program on Rheumatic Diseases 香港電台第一台《精靈一點》- 風濕病科系列 2019**

To echo the World Arthritis Day (12th Oct) as designated by the World Health Organisation, Hong Kong Arthritis & Rheumatism Foundation partnered with RTHK to launch a series of radio interviews on rheumatic diseases. Rheumatologists were invited to share the information concerning the aetiology, symptoms, diagnosis and treatment of the disease; social workers talked about the information on community resources and disease self-help groups; patients shared their stories regarding how they fight against the disease and lived with a positive attitude. The five consecutive episodes were broadcasted every Wednesday at 2:00 pm – 3:00 pm from 4 September 2019 to 2 October 2019.

為推廣每年 10 月 12 日由世界衛生組織訂立的世界關節炎日，香港風濕病基金會聯同香港電台第一台《精靈一點》合力製作一系列的風濕病訪問。每集邀請到風濕科專科醫生講解疾病的成因、症狀、診斷及治療，以及病友分享患病的經過及積極抗病的歷程，其中兩集邀請到香港復康會社工講述現時社區層面支援風濕科病友的組織及提供的資源。節目由 2019 年 9 月 4 日至 10 月 2 日，逢星期三下午 2 點至 3 點，一連五集，分別講解類風濕性關節炎、強直性脊椎炎、紅斑狼瘡症、銀屑病及銀屑病關節炎及痛風。



## 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」。

<u>Facebook post series 面書活動系列</u>	<u>MM/YY</u>	<u>No. of clicks/actions</u>
皮肌炎	03/19	283
兒童風濕病	03/19	521
痛風	04/19	572
紅斑狼瘡症	04/19	2641
高尿酸	05/19	510
痛風藥物	05/19	290
水療及其他運動訓練	06/19	1660
痛症管理	07/19	1054
類風濕性關節炎	07/19	618
生物相似製劑	08/19	1192
紅斑狼瘡	08/19	1153
類固醇	09/19	1161
血管炎	10/19	1087
撒瑪利亞基金	11/19	11277
硬皮症	12/19	607
食物抗炎迷思	01/20	562
驗血檢查	01/20	1142
疫境自強	02/20	1215
病友組織	03/20	1075

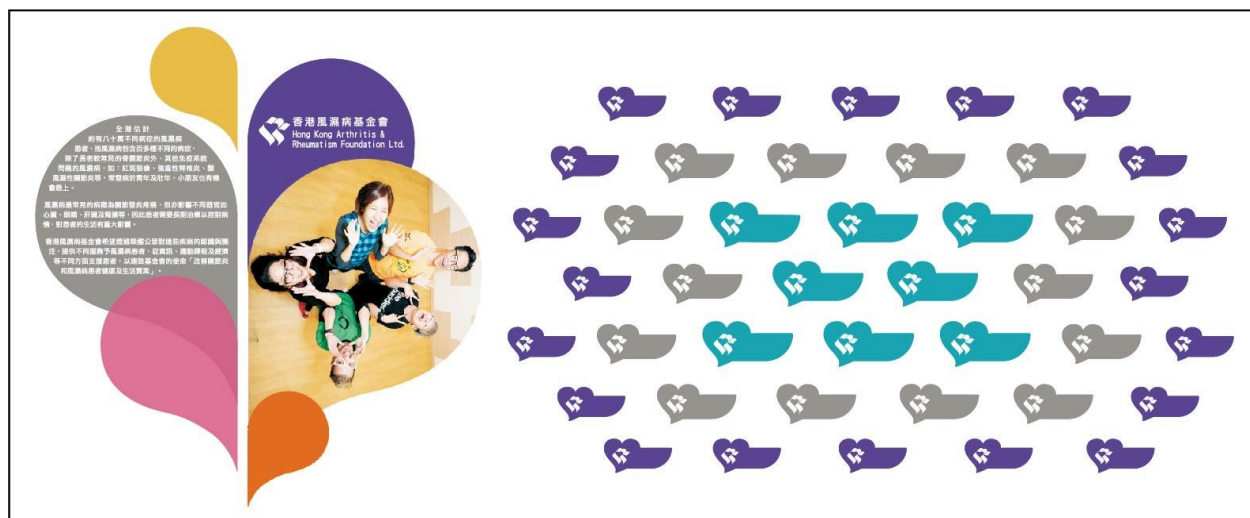
## FUNDRAISING 籌款活動

### 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：

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





## FUNDRAISING 籌款活動

### Victoria to The Peak (VTP) Challenge 2019

Harmony Running Club, a non-profit registered society, held the Victoria to Peak (VTP) Challenge 2019 on 1 October 2019, aiming to promote work-life balance within the professional communities in Hong Kong. The VTP Challenge is a running race that took place from Central and ends at the summit of the Victoria Peak. HKARF is the beneficiary of the event. A total of \$10,000 fund was raised to support our service to arthritis patient.

Harmony Running Club 於 2019 年 10 月 1 日舉行了 Victoria to Peak (VTP) Challenge 2019 慈善籌款跑步比賽，藉以推廣工作與生活平衡的健康生活方式。比賽由中環碼頭為起點，以山頂作為終點站。「香港風濕病基金會」有幸成為活動的受助機構，一共籌得一萬元正。



### Charity Concert for Hydrotherapy for People with Arthritis 風濕水療展新生慈善音樂會

The Hong Kong Medical Association Charitable Foundation (the Foundation) stage its Annual Charity Concert on Sunday, 21 July 2019 at the Auditorium, Kwai Tsing Theatre. This year, the Hong Kong Arthritis & Rheumatism Foundation (HKARF) was selected as the beneficiary. All funds raised, without any deduction for cost, will be used to support operational costs for the hydrotherapy and physiotherapy exercise program for patients with arthritis or rheumatism, helping them to improve mobility and thus their quality of life.

香港醫學會慈善基金於二零一九年七月廿一日（星期日）晚上假葵青劇院舉行年度慈善音樂會。是次活動所籌得的善款和相關收益，不扣除任何開支，將全數撥捐「香港風濕病基金會」，資助專為關節炎及風濕病人而設的水療運動班及物理治療運動班，提升其活動能力，令生活質素得以改善。



## 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。

主辦團體：

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

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
<b>2019</b>		
2019年5月4日至5月25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孝康樓地下 (長沙灣港鐵站A2出口)	2361 2838
2019年8月3日至24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孝康樓地下 (長沙灣港鐵站A2出口)	2361 2838
2019年8月20日至9月3日(星期二) 及至9月13日(星期五) 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9月6日至27日 (星期五) 下午2:30 - 下午5:00	社區復康網絡禾輋中心 新界沙田禾輋邨 禾輋商場平層R9 - R12室	2636 0666
2019年9月28日 及10月12日至26日(星期六) 上午10:00 - 中午12:00	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
2019年10月15日至11月5日 (星期二) 下午2:00 - 下午4:30	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
2019年11月8日至29日 (星期五) 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孝康樓地下 (長沙灣港鐵站A2出口)	2361 2838
2019年12月28日至 2020年1月18日(星期六) 下午2:30 - 下午5:00	社區復康網絡禾輋中心 新界沙田禾輋邨 禾輋商場平層R9 - R12室	2636 0666
<b>2020</b>		
2020年2月8日至22日 及3月7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孝康樓地下 (長沙灣港鐵站A2出口)	2361 2838
2019年2月26日至3月18日 (星期三) 下午2:00 - 下午4:30	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

**關節 我自理**

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

**你知道嗎？**  
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：\$80 (全期課程共4節及重聚) | (CRN會員: \$40，綜援人士免費)  
\*\* 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.

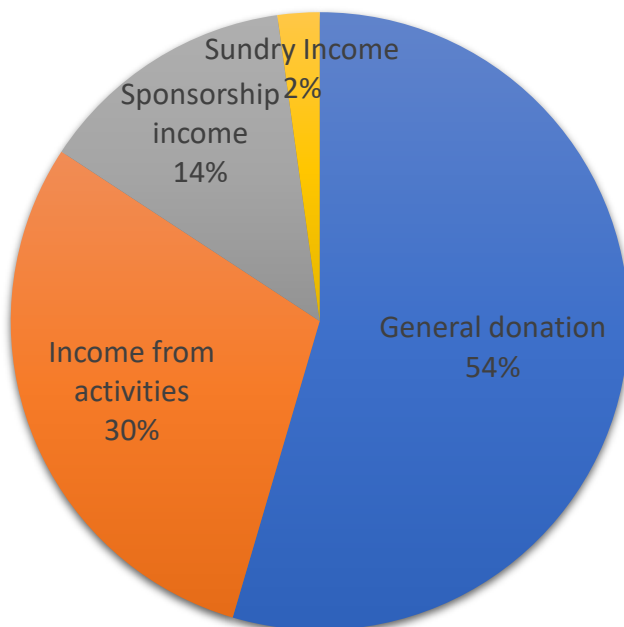
香港風濕病基金會賽馬會病人資源及訓練中心於 2012 年 10 月開幕座落在深水埗南山邨內。基金會在中心內舉辦不同的服務，使中心成為風濕病患者的第二個家。此外，風濕科病人自助組織亦會於中心內舉辦不同的活動包括講座、瑜珈班、畫班及手工班等，讓患者能透過參加活動及建立興趣，以舒緩痛楚及壓力。



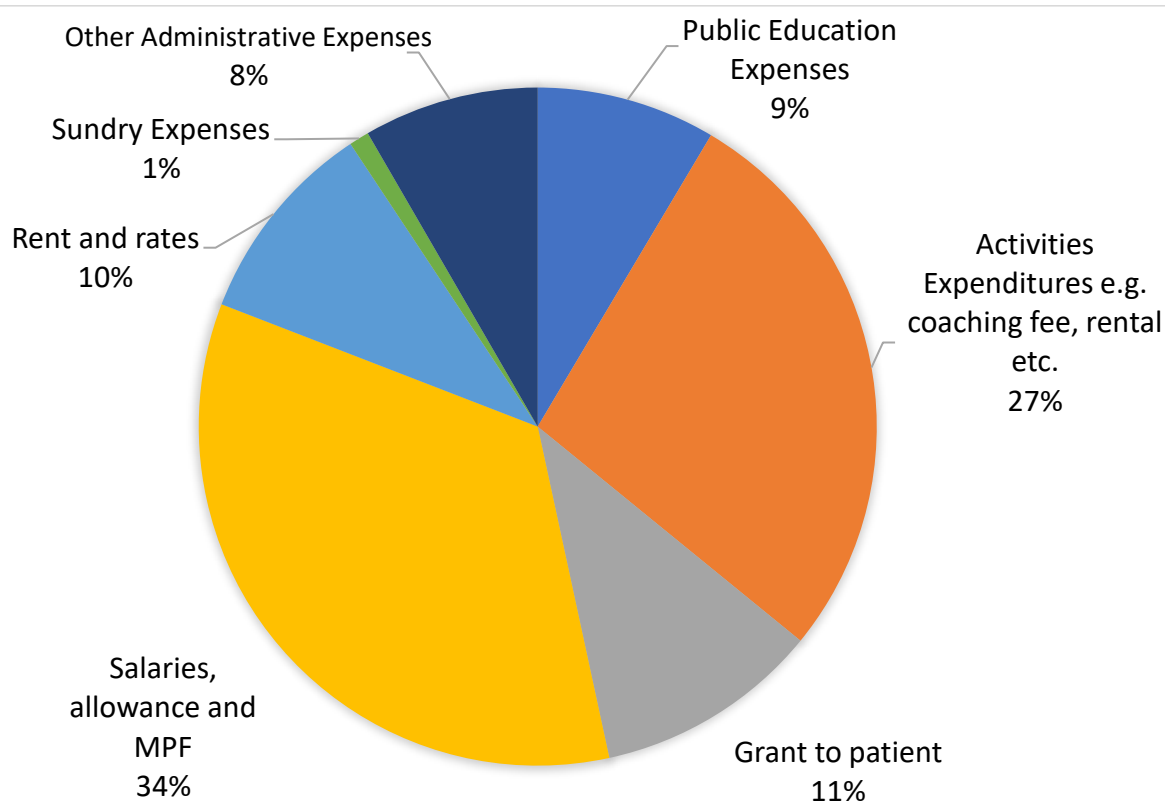
## FINANCIAL REPORT

### HIGHLIGHTS OF FINANCIAL ACTIVITIES (for the year ended 31 March 2020)

#### Income (Total HK\$1,601,448)



#### Expenditure (Total HK\$ 2,030,964)



**STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME  
FOR THE YEAR ENDED 31 MARCH 2020**

	<b>2019/20</b>	<b>2018/19</b>
	<b><u>HKD</u></b>	<b><u>HKD</u></b>
<b>Income</b>		
Book sales	16,056	60
General donations <sup>1</sup>	864,754	519,970
Income from activities	470,785	765,970
Sponsorship income	215,000	277,000
<b>Other income</b>		
Bank interest income	35	31
Gain on exchange difference	-	219
Sundry income	34,818	25,478
	<b><u>1,601,448</u></b>	<b><u>1,588,728</u></b>
<b>Activities expenditure<sup>4</sup></b>	<b>(555,284)</b>	<b>(911,369)</b>
<b>Administrative expenses</b>		
Auditor's remuneration	10,000	10,000
Bank charges	1,100	890
Computer expenses	18,197	1,007
Courier	3,500	3,018
Cleaning	29,400	32,865
Depreciation	17,060	-
Electricity, water and gas	15,321	17,024
Exchange Difference	780	-
Grant to patients	217,843	245,291
Insurance	15,117	14,275
Legal and professional fee	4,000	-
Mandatory provident fund	31,804	36,946
Printing, postage and stationery	27,194	21,865
Public education expenses	173,483	203,777
Recruitment	2,464	13,680
Rent and rates	199,255	251,340
Repairs and maintenance	9,918	19,114
Salaries and allowance	664,139	671,633
Sundry expenses	19,410	23,125
Travelling	612	655
Telephone and internet	15,083	15,262
	<b><u>(1,475,680)</u></b>	<b><u>(1,581,767)</u></b>
<b>SURPLUS / DEFICIT FOR THE YEAR</b>	<b><u>(429,516)</u></b>	<b><u>(904,408)</u></b>

## LOOKING AHEAD

In the year 2020/21, Foundation have received a generous grant from Hong Kong Jockey Club Charities Trust to expand our services. We have enrolled a social worker, one more full-time and one more part-time staff. With a bigger and stronger team, Foundation will adjust some of our services that has been significantly affected by the COVID-19 epidemic; while we shall explore other new initiatives that meet the current need of our patients.

With the commitment of our team including all subcommittees, I am convinced that we are able to celebrate our 20th anniversary with a brighter future ahead for the Foundation and our patients.

### 展望將來

基金會於 2020 至 2021 年度獲得香港賽馬會慈善信託基金的慷慨捐助，以擴大本會的服務範疇。本會已增聘一名社工、一名全職及一名兼職職員。隨著團隊擴大，基金會將調整受疫情影響的服務；同時我們將發掘不同服務發展方向，以滿足病患者各方面的需要。

我們的團隊，包括所有小組委員會的努力下，我深信我們能夠以正能量及擁抱著希望，來迎接基金會成立 20 週年，為病患者及基金會帶來更美好的將來。

# **Reports Of Permanent Committees**

**Education Committee**

**Fund-raising Committee**

**Patient Support Committee**

**Scientific Committee**

## **Report of the Education Committee (2019/20)**

### **1) Educational Talks**

#### **1.1 Seasonal Public Talk Series**

A series of Talks on specific arthritis diseases was held each season throughout 2019-2020. The talks were organised with the assistance of the Community Rehabilitation Network of the Hong Kong Society for Rehabilitation, the Open University of Hong Kong, 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) Rheumatic diseases, Bowen Therapy and common painkiller (2019 Season 1)  
Date: 30 March 2019  
Speaker: Dr. Ma Kai Yiu, Ms. Chu Man Lai Mary  
[No. of participants: 159](#)
- b) The application of steroids in rheumatic diseases (2019 Season 2)  
Date: 22 June 2019  
Speaker: Dr. Cheung Tsang Tommy, Ms. Kwok Suet Kei Gladys  
[No. of participants: 76](#)
- c) Samaritan Fund – Who is eligible? (2019 Season 3)  
Date: 21 September 2019  
Speaker: Dr. Mok Chi Chiu, Hospital Authority Medical Social Worker representatives  
[No. of participants: 40](#)
- d) Rheumatic diseases and blood issues (2019 Season 4)  
Date: 23 November 2019  
Speaker: Dr Lee Ka Lai, Dr. Liu Sung Yu Herman  
[No. of participants: 78](#)

#### **1.2 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 5 talks were held during the year:

- a) Educational Talk – The similarities and differences between biologics and biosimilars  
Date: 11 May 2019  
Speaker: Dr. Wong Ching Han Priscilla  
[No. of participants: 130](#)
- b) Educational Talk – Systemic Lupus Erythematosus - Organic lesion, treatment and nursing  
Date: 6 July 2019  
Speaker: Dr. Ciang Chu Oi, Ms. Chan Bik ki  
[No. of Participants: 67](#)
- c) Educational Talk – Vasculitis – artery, vein and blood capillary  
Date: 28 September 2019  
Speaker: Dr. Chan Pui Shan Julia  
[No. of participants: 81](#)



- d) Educational Talk – Scleroderma information and diets  
 Date: 26 October 2019  
 Speaker: Dr. Ma Kai Yiu, Mr. Chan Kwok Bun Leslie  
 No. of Participants: 49
- e) Educational Talk – How to cope with Rheumatoid Arthritis  
 Date: 3 November 2019  
 Speaker: Dr. Ng Sin Ngai, Ms. Lui Mei Shan  
 No. of Participants: 62

### 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. HKARF is going to publish the third phrase of booklets in the coming year. Information about drugs and treatments would be covered.

### 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 3,766.

<u>Facebook post series 面書活動系列</u>	<u>MM/YY</u>	<u>No. of clicks/actions</u>
皮膚炎	03/19	283
兒童風濕病	03/19	521
痛風	04/19	572
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痛風藥物	05/19	290
水療及其他運動訓練	06/19	1660
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類固醇	09/19	1161
血管炎	10/19	1087
撒瑪利亞基金	11/19	11277
硬皮症	12/19	607
食物抗炎迷思	01/20	562
驗血檢查	01/20	1142
疫境自強	02/20	1215
病友組織	03/20	1075

5) **RA Book**

HKARF published a book on the topic of rheumatoid arthritis in the third quarter of 2019, namely 《與風同行——類風濕性關節炎的護理與治療》. 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.

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

Two issues of the bi-annual Newsletter were published in July 2019 and January 2020 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 (2019/20)**

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 2019/20, a total of HK\$40,810 was collected which is a slightly increase compared to HK\$32,600 in 2018/19.

### **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\$309,331 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

## **Report of the Patients Support Committee (2019/20)**

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.

### **1 Patient Support Fund**

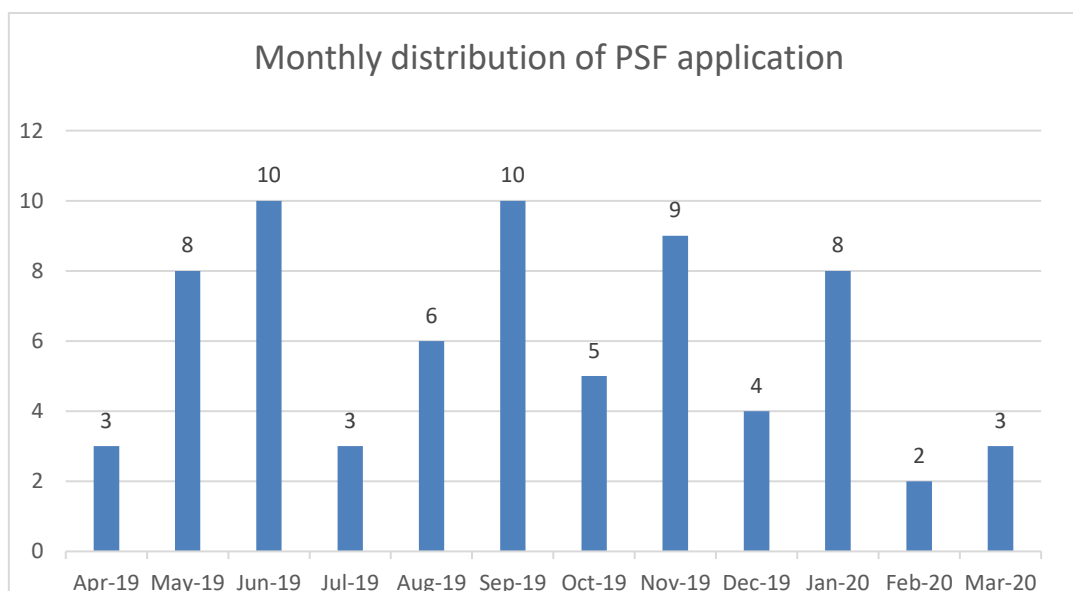
The aim of the Patient Support Fund is to provide financial assistance to needy patients to procure medications, including non-government subsidized medications, to purchase devices for arthritis rehabilitation, and to arrange for necessary home modifications. The applicant must be a Hong Kong resident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

#### **1.1 Total approved applications and amount from 1 April 2019 to 31 March 2020:**

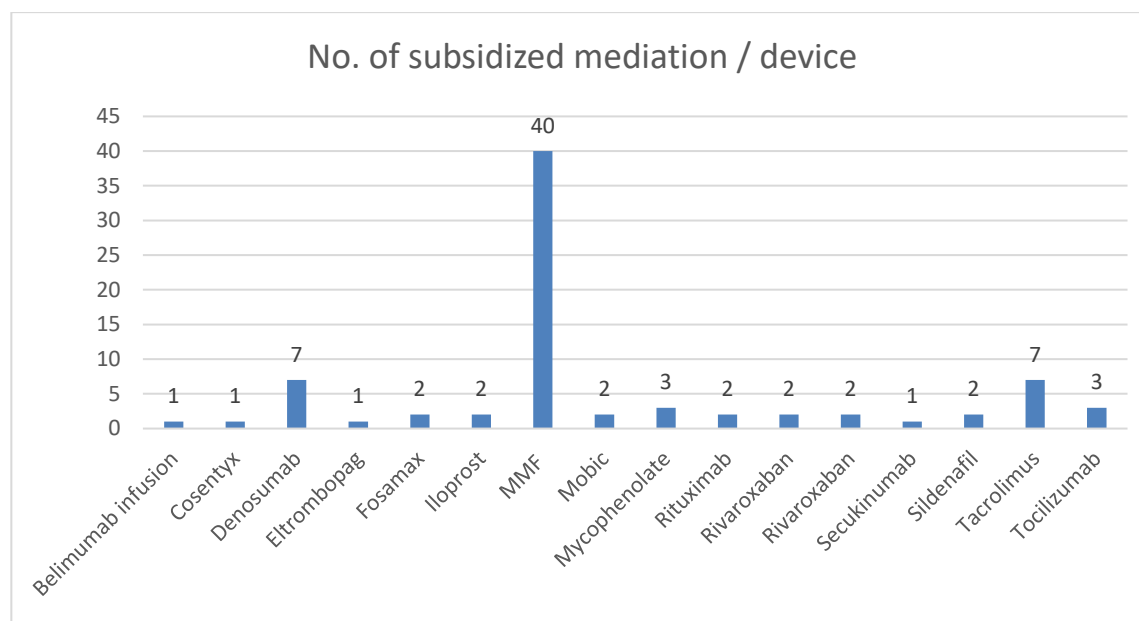
**Total number of application received:** 71      **Approved:** 71  
**Rejected:** 0

**Total amount:** **HK\$ 179,151.60**

**Total no. of patients benefited:** **33 (5 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:

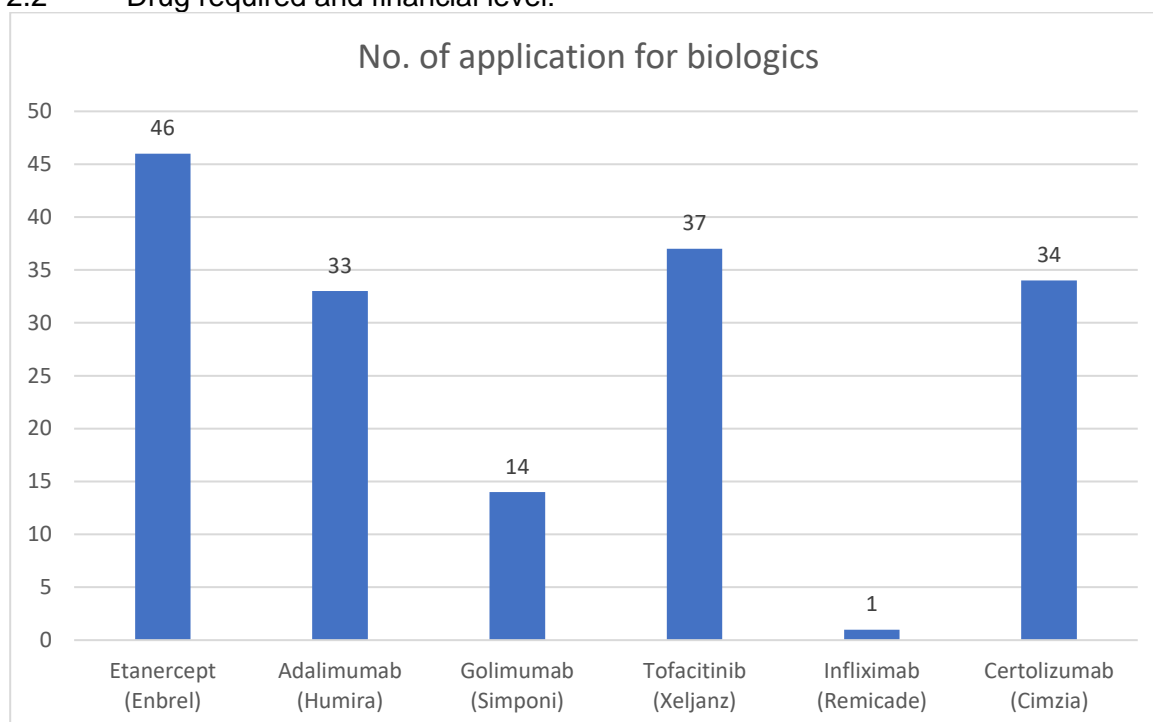
1. Infliximab (Remicade®)
2. Etanercept (Enbrel®)
3. Adalimumab (Humira®)
4. Golimumab (Simponi®)
5. Tofacitinib (Xeljanz®)
6. Certolizumab (Cimzia®)

2.1 Total number of applications received from **1 April 2019 to 31 March 2020**:

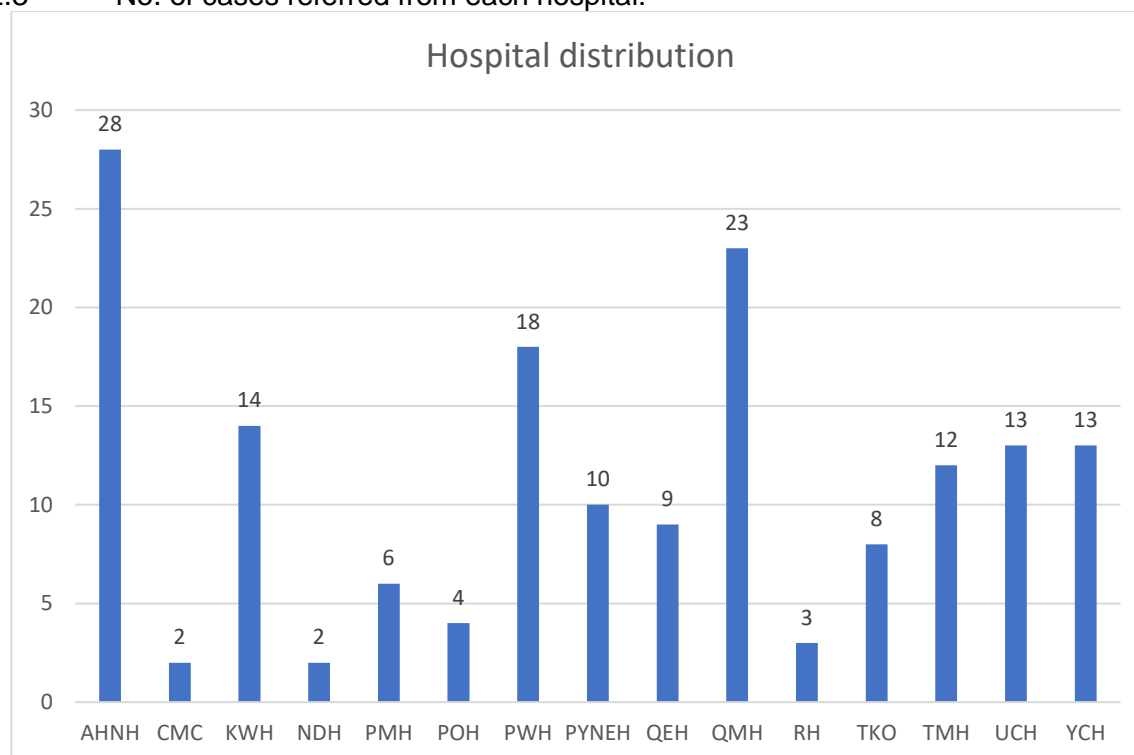
**Total number of application received: 165      Approved: 165**

**Total cost of subsidised medications:      HK\$5,752,604.00**

## 2.2 Drug required and financial level:



## 2.3 No. of cases referred from each hospital:

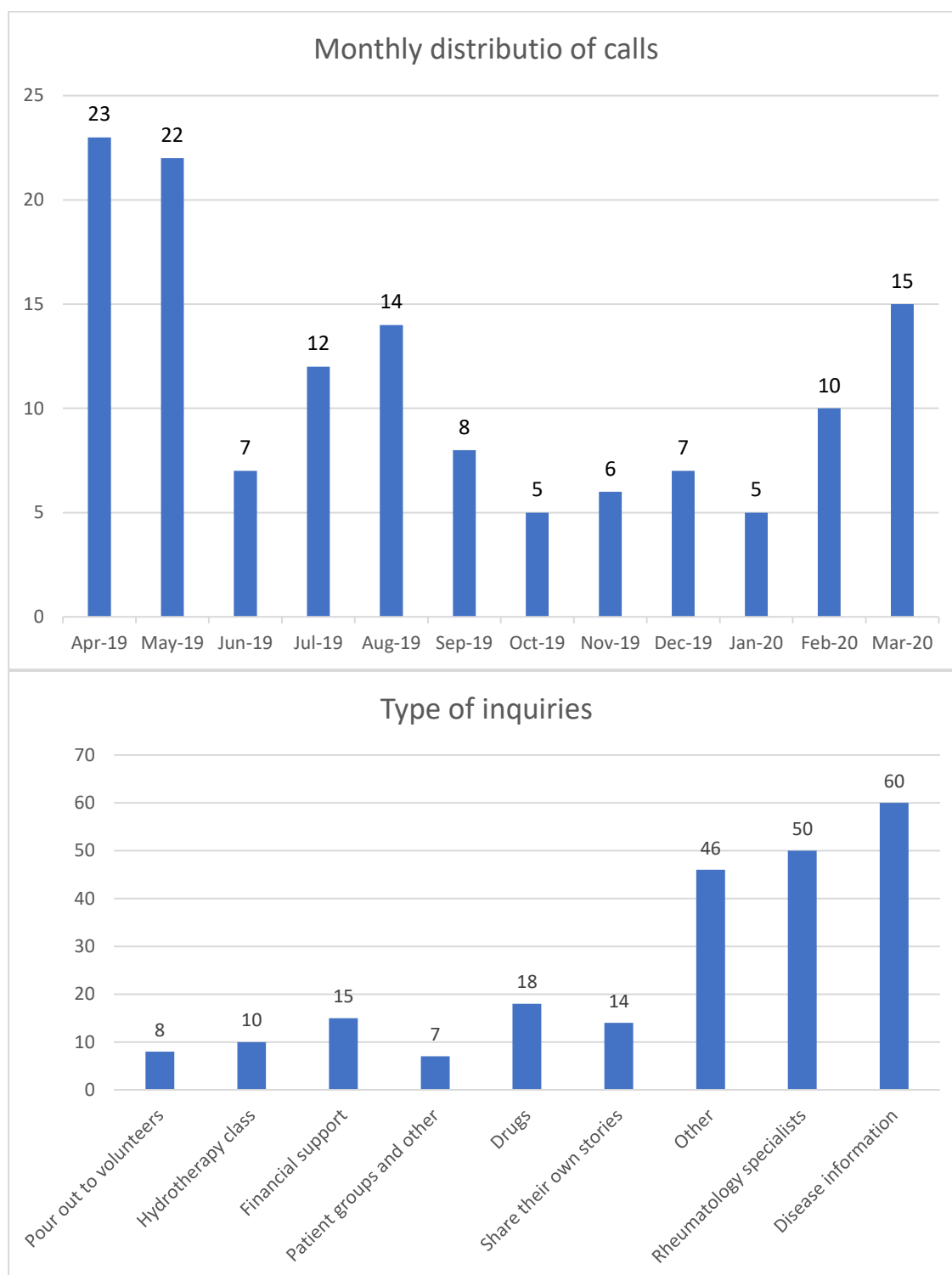


AHNH – Alice Ho Miu Ling Nethersole Hospital  
 KWH – Kwong Wah Hospital  
 NDH – North District Hospital  
 PMH – Princess Margaret Hospital  
 PWH – Prince of Wales Hospital  
 QEH – Queen Elizabeth Hospital  
 TKOH – Tseung Kwan O Hospital  
 PYNEH – Pamela Youde Nethersole Eastern Hospital

QMH – Queen Mary Hospital  
 TMH – Tuen Mun Hospital  
 POH – Pok Oi Hospital  
 RH – Ruttonjee Hospital  
 YCH – Yan Chai Hospital  
 CMC – Caritas Medical Centre  
 UCH – United Christian Hospital







## 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, or via Facebook inbox. Those questions would be answered by Dr. Daniel NG, our Hon. Secretary, and replied the enquirers by email or post to the website.

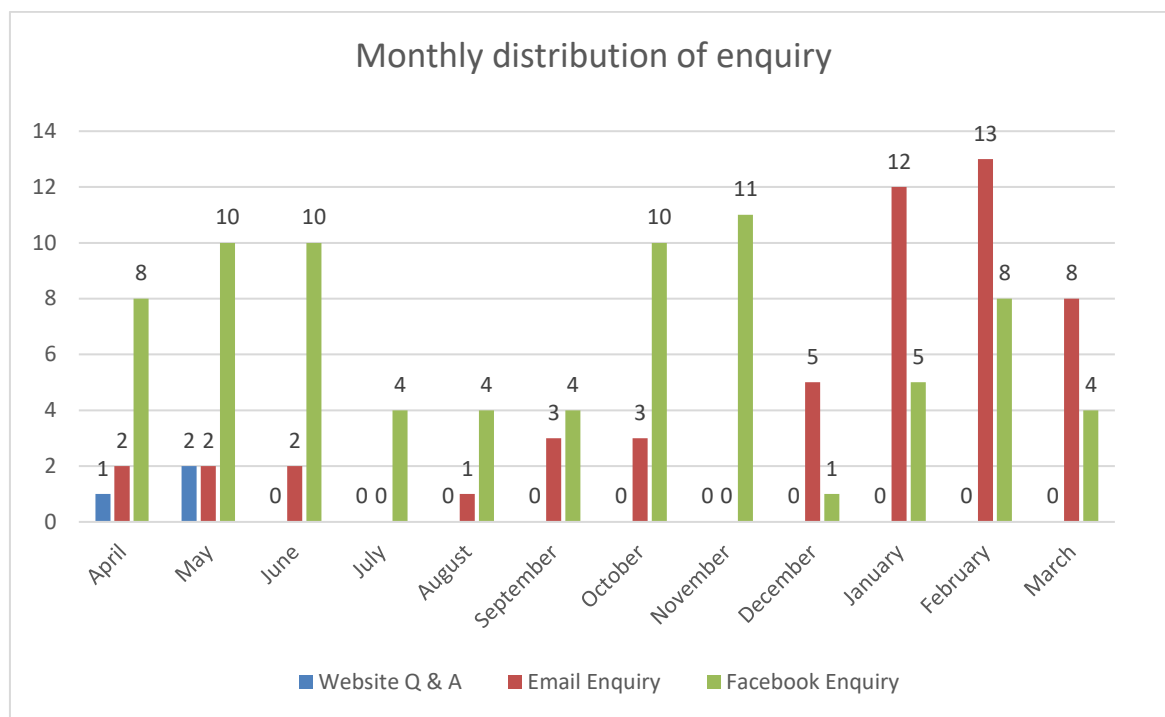
Report on Website Q&A from 1 April 2019 to 31 March 2020:

**Total number of inquiries: 3**

Report on Email Enquiry Q&A from 1 April 2019 to 31 March 2020:

**Total number of inquiries: 51**

Report on Facebook Enquiry Q&A from 1 April 2019 to 31 March 2020:

**Total number of inquiries: 79**

## 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.

**Report of Hydrotherapy Programme 2019 from 1 March 2019 to 20 January 2020:**

<b>Total number of days:</b>	<b>178</b>	<b>Total number of lessons:</b>	<b>476</b>
<b>Total number of attendances:</b>	<b>4,220</b>	<b>Total number of beneficiaries:</b>	<b>289</b>

2019	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 withdrawn enrollees	No. of new referral cases	No. of withdrawal
Phase 1	124	170	88	24	12	104	15	5	1	26	3
Phase 2	124	186	88	24	12	102	14	8	3	26	4
Phase 3	124	168	88	24	12	104	13	7	1	25	6
Phase 4	124	178	88	24	12	98	20	6	0	30	5
Phase 5	124	158	88	24	12	100	16	8	5	0	7
<b>Total</b>	<b>620</b>	<b>860</b>	<b>440</b>	<b>120</b>	<b>60</b>	<b>508</b>	<b>78</b>	<b>34</b>	<b>10</b>	<b>107</b>	<b>25</b>

## 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 6 March 2019 to 19 December 2019:**

2019	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	30	8	22	14	16	6	0
Phase 2	26	6	20	12	14	11	3
Phase 3	29	8	21	15	14	11	3
Phase 4	27	6	21	17* (One withdraw and one replace)	10	7	1
Phase 5	28	3	25	15	13	4	1
Phase 6	26	3	23	15	11	7	2
Phase 7 (Only classes C&D are opened to enrollment)	9	0	9	0	9	0	0
<b>Total</b>	<b>175</b>	<b>34</b>	<b>141</b>	<b>88</b>	<b>87</b>	<b>46</b>	<b>10</b>

## 8.2 OT Consultation Service

OT Consultation and Assessment Sessions were held for individual patients **from 1 April 2019 to 31 March 2020:**

**Total number of new referral cases: 4**

Registered: 8                      Withdrawn: 0

Total number of sessions served: 4

Total number of splints made: 0

Hand	Finger	Paddle	Resting	Working	Splint	Night
0	0	0	0	0	0	0

Current waiting time for new appointment: 0 day

## 8.3 Arthritis Self-Management Programme

Arthritis Self-Management Programme was conducted for interested patients in groups **from 4 May 2019 to 29 November 2019:**

Class Period	Venue	No. of Enrollment	No. of Participant (reunion sessions)
4 May – 25 May 2019	CRN Li Cheng Uk Centre	10	9
3 August – 24 August	CRN Li Cheng Uk Centre	11	12
20 August – 3 September & 13 September	CRN Tai Hing Centre	Class cancelled	
6 September – 27 September	CRN Wo Che Centre	<i>TBC</i>	<i>TBC</i>
9 October – 30 October	CRN Kornhill Centre	Class cancelled	
15 October – 5 November	CRN Tai Hing Centre	Class cancelled	
8 November – 29 November	CRN Li Cheng Uk Centre	9	Class cancelled
<b>Total</b>		<b>30 (48)</b>	<b>21 (21)</b>

## 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: 2 April 2019 to 29 October 2019

2019	Total no. of participants	Repeaters	No. of new cases referral	No. of withdrawal
Phase 1 Apr	9	2	7	2
Phase 2 Jun	Cancelled			
Phase 3 Aug	Cancelled			
Phase 4 Oct	Cancelled			
<b>Total</b>	<b>9</b>	<b>2</b>	<b>7</b>	<b>2</b>

9.2 Floor Curling

Period: 7 May 2019 to 24 September 2019

2019	Total no. of participants	Repeaters	No. of new cases referral	No. of withdrawal
Phase 1 May	Cancelled			
Phase 2 Sep	Cancelled			
<b>Total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

9.3 Floor Curling (Advanced)

Period: 2 July 2019 to 26 November 2019

2019	Total no. of participants	Repeaters	No. of withdrawal
Phase 1 Jul	Cancelled		
Phase 3 Nov	Cancelled		
<b>Total</b>	<b>0</b>	<b>0</b>	<b>0</b>

**Total Expenditure during the period 1 April 2019– 31 March 2020**

	Approved Cases	Approved Amount
1. Patient Support Fund	71	HK\$ 179,151.60
2. Expensive Drug Support Scheme	165	
3. Emergency Fund	1	HK\$ 5,000.00
4. Activity Fund	1	HK\$ 8,000.00
5. "Arthritis Buddy" Helpline (Volunteers allowance)		HK\$ 1,080
<b>Net Expense:</b>		<b><u>HK\$ 193,231.60</u></b>



**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\$	360.00
10 Hydrotherapy program 2018 participants' fee	HK\$	216,920.00
11 Hydrotherapy program 2019 participants' fee	HK\$	213,185.00

**Sub-total: HK\$ 1,186,185.00**

**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 - POH Pool Rental (ph 1-3)	HK\$	10,350.00
20 Hydrotherapy program 2019 - POH Pool Rental (ph 4-5)	HK\$	5,400.00
21 Hydrotherapy program 2019 - PYNEH Pool Rental (ph 1-2)	HK\$	11,200.00
22 Hydrotherapy program 2019 - QEH Pool Rental (ph 1-6)	HK\$	117,600.00
23 Hydrotherapy program 2018 - PT fee (ph 1-6)	HK\$	257,400.00
24 Hydrotherapy program 2019 - PT fee (ph 1-5)	HK\$	220,000.00
25 Hydrotherapy program 2018 - POH PT fee (ph 1-5)	HK\$	24,800.00
26 Hydrotherapy program 2019 - POH PT fee (ph 1-5)	HK\$	19,200.00
27 Data entry and report writing for hydrotherapy classes	HK\$	1,500.00

**Sub-total: HK\$ 937,967.70**

**2017 OCS Funding Remained****HK\$****248,217.30**

(Terminated in Mar 2019 for FC&amp;LY &amp; Aug 2019 for Hydro)

## **Report of the Scientific Committee (2019/20)**

### **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 2019/20.

### **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. 13 was published on July 2019 and the topic was Osteoporosis.

### **3) Need Survey**

The Committee start conducting a need survey of service users. A meeting with various patient groups' representatives was held in February 2020. A list of suggested service needs was collected, which was shown below:

1. Regularly organise promotional booth in the community to promote HKARF and patient groups
2. Broaden drug coverage of Expensive Drug Support Schemer
3. Relax the application eligibility of the Activity Fund
4. Increase the public educational activities
5. Strengthen the promotion of patient groups' service
6. Expand the hydrotherapy program and location
7. Organise outreach physiotherapy exercise program
8. Counselling service
9. Emotional support

The results will be released soon.

# **Appendix**

## **Activity List 2018/19**

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

<b>Date</b>	<b>Event</b>	<b>Committee</b>
1 March 2019	Hydrotherapy Programme starts	Patient Support Committee
1 March 2019	Publish of 2 <sup>nd</sup> Phase of Disease Booklet	Educational Committee
6 March 2019	Physiotherapy Programme starts	Patient Support Committee
1 April 2019	Occupational Therapy Consultation	Patient Support Committee
2 April 2019	OSC Programme – Laughter Yoga	Patient Support Committee
4 May 2019	Arthritis Self-Management Programme	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: 76	Education Committee
1 July 2019	Newsletter – Arthritis Care Vol. 29 No. of issues: 5,000	Newsletter Sub-committee
1 July 2019	CHARM Vol. 13 publication	Scientific 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	RTHK 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
1 January 2020	Newsletter – Arthritis Care Vol. 30 No. of issues: 5,000	Newsletter Sub-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](mailto:mail@hkarf.org)**Website:** [www.hkarf.org](http://www.hkarf.org)