



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

Annual Report

周年報告

2020/21

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 2021)

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OBJECTIVES OF THE FOUNDATION

1. To reduce disability and enhance self-care of arthritis patients by providing them with medical, psychosocial, and financial support
2. To enhance awareness of rheumatic disease among the 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

Our Hong Kong Arthritis & Rheumatism Foundation has been blessed with a team of committed staff, dedicated committee members, and selfless volunteers. This is particularly important for a small-scale non-governmental charity organization to go through the difficult time during the pandemic of COVID-19. Despite some of our activities have been put on hold due to the social distancing restrictions, our team has strived for every possibility to support our patients.

The Foundation continued to provide public and patient education through newspaper columns, video series, Facebook posts and Facebook live education talks. With the generous support from Jockey Club Community Sustainability Fund, not only were we able to acquire the hardware to conduct these online events, but we could train patient volunteers to learn the skills which would allow them to conduct similar events for their own patient groups. We also had the first online International Arthritis Day (IAD) Carnival on 11 Oct 2020 to demonstrate different forms of exercises to patients.

This was the first year of Jockey Club funded 3-year-project for the rehabilitation and education for rheumatic patients. Physiotherapy classes and self-management programmes were modified and conducted online, while face-to-face classes have been held whenever the pandemic situation allowed. With contribution from Community Rehabilitation Network (CRN), peer coach training sessions were successfully held. Trained peer coaches would contribute to future volunteer work for their fellow patients.

Financial support for needy patients continued to be one of the important objectives of the Foundation. The established Expensive Drug Support Scheme (EDSS) reached a record high of subsidizing more than 210 beneficiaries which worth up to more than 7.6 million dollars' worth of medications. This was an impressive growth compared to 5 years ago, when 34 eligible beneficiaries received more than 1 million dollars' worth of medications. With tremendous increase in workload, a part-time staff was recruited to support this meaningful programme.

Fundraising remained to be very challenging during the downturn of the local and global economy because of the pandemic. We must express our heartfelt thanks to all the generous donors and companies for their continued support within this very difficult year.

The Foundation is committed to provide education and relevant services to our patients and the public with close collaboration with our partners, patient groups and non-governmental organizations. With all your contributions in whatever means, the Foundation will definitely move forward to make a better future for our patients in their physical health, mental wellness and quality of life.

Dr. LEE Ka Wing Gavin
Chairman
Hong Kong Arthritis & Rheumatism Foundation Ltd.

主席的話

香港風濕病基金憑借全體員工貢獻一己之力，以及執行委員會委員們和義工們的無私奉獻，讓這規模不是十分龐大的非牟利慈善組織得以於新型冠狀病毒疫情爆發的嚴峻時刻繼續前行。縱然社交距離措施被一再收緊，我們的團隊仍不懈尋求新的方法，繼續為風濕科病人服務。

基金會長久以來為公眾及風濕病患者提供公眾教育。本年度繼續透過刊登新聞專欄及社交媒體貼文、拍攝教育視頻系列，以及舉辦直播教育講座，讓更多大眾得著管理疾病的知識。承蒙香港賽馬會慈善信託基金的熱忱及支持，基金會得以購置相關器材舉辦以上所提及之線上活動，並且同時培訓病友義工，讓他們把所學到的技巧應用在日後病友組織的線上活動。我們亦於 2020 年 10 月 11 日舉辦了首個線上「國際風濕病日嘉年華」，向公眾示範了一系列適合風濕病患者的運動。

基金會於 2020 年開始推行為期 3 年的「賽馬會風濕病患者復康及教育計劃」。在疫情嚴峻的情況下，自我管理課程及物理治療運動課程改以線上形式舉辦，實體課程則在疫情緩和時恢復。此計劃下的「朋輩導師訓練課程」在香港復康會社區復康網絡的協作下得以順利舉辦。完成培訓的朋輩導師能於將來的義工服務上發揮所學。

為風濕科病患者提供適切的經濟援助一直是基金會的核心目標。「昂貴藥物支援計劃」為超過 210 名合資格的風濕病患者提供經濟援助，共資助的藥物金額高達 760 萬元，較 5 年前共 34 名合資格受惠人士獲得一百多萬元的資助更見大幅增長。伴隨團隊肩負更多的工作，基金會額外聘請了一名兼職同事負責處理此有意義的支援計劃申請。

於疫情的陰霾下，本港及國際的經濟氣氛逆轉，基金會的籌款活動面臨著巨大挑戰。我們由衷感謝各社會熱心人士及機構的捐助，讓我們得以於此艱難的時刻繼續為風濕科病人提供全面的服務。

基金會致力提高大眾及風濕科病患者對風濕科疾病的認識。我們將繼續與合作夥伴、風濕科病友組織及其他非牟利組織同行。各界友好的匡助讓基金會可繼續為風濕科病患者貢獻我們的力量，以改善他們的健康、心理及生活素質。

香港風濕病基金會主席
李家榮醫生

GOVERNANCE 管治架構

HONORARY PRESIDENTS 名譽會長:

Dr. FANG David, *SBS, JP*

方津生醫生

Prof. LAU Chak Sing, *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 名譽顧問:

Ms. CHAN Camilla

陳劍淑女士

Dr. CHAN Ka Ho (Specialist in Rheumatology)

陳嘉何醫生

Prof. CHAN Lai Wan Cecilia (The University of Hong Kong)

陳麗雲教授

Ms. CHAN Shirley (Hong Kong Global Lions Club)

陳書琴女士

Ms. CHAU Mabel (Hong Kong Society for Rehabilitation)

周敏姬女士

Mr. CHENG Woon Sun Johnny (AIA Hong Kong)

鄭煥新先生

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卓歐靜美女士

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曲廣運教授

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周肇平教授

Dr. CHU Mang Yee Eli (Occupational Therapist)

朱孟怡博士

Dr. CHUNG Margaret (Regeneration Society)

鍾惠玲博士

Dr. KUN Emily (Specialist in Rheumatology)

靳惠蓮醫生

Mrs. LAU Linda

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. LI Kwok Ming Edmund (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. POON Peter (Physiotherapist)

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 執行委員會**Chairman 主席**

Dr. LEE Ka Wing Gavin

李家榮醫生

Vice-Chairman 副主席

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陳家樂先生

Dr. NG Kam Hung Daniel

吳錦鴻醫生

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Ms. LEUNG Yee Mei Christine

梁綺薇女士

Hon Treasurer 義務司庫

Dr. TANG Siu Fan Lorraine

鄧紹芬博士

Hon Legal Advisor 義務法律顧問

Ms. CHEUNG Wai Han Elsa

張惠嫻律師

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陳德顯醫生

Ms. CHENG Pauline

鄭寶花女士

Mr. HO On Tat Andy, JP

何安達先生

Ms. KWAN Cheuk Yin Jackie

關卓妍女士

Ms. KWOK Suet Kei Gladys

郭雪琪姑娘

Mr. KWOK Wai Leung Stanley

郭偉良先生

Dr. LEE Ka Yan David, BBS, MH, OStJ, JP

李家仁醫生

Prof. LI TSANG Wai Ping Cecilia

李曾慧平教授

Dr. MOK Mo Yin Temy

莫慕賢醫生

Hon Auditor 義務核數師

World Link CPA Limited

滙領會計師事務所有限公司

PERMANENT COMMITTEES 常設委員會**Education Committee 健康教育委員會**

Convenors 召集人: Ms. KWOK Suet Kei Gladys
 Dr. MA Kai Yiu
 Members 委員: Dr. CHAN Tak Hin
 Ms. CHOW Kam Wah Maggie
 Mr. LAM Wai Hung Stephen
 Ms. LAU Jenny
 Ms. NG Mei Sum
 Ms. YU Judy
 Dr. YU Ka Lung Carrel
 Ex officio 當然委員: Dr. LEE Ka Wing Gavin

郭雪琪姑娘
 馬繼耀醫生
 陳德顯醫生
 周錦華女士
 林韋雄先生
 劉素琮女士
 吳美心女士
 余燕麗姑娘
 余嘉龍醫生
 李家榮醫生

Patient Support Committee 病人支援委員會

Convener 召集人: Dr. NG Kam Hung Daniel
 Members 委員: Dr. CHAN Tak Hin
 Ms. CHIU Viola
 Ms. KWAN Jackie
 Ms. LEUNG Christine
 Mrs. WONG Agnes
 Ms. WONG Kam Fung
 Ms. WONG Sai Ha
 Ms. WONG Yee Man Diana
 Dr. YIM Cheuk Wan
 Ex officio 當然委員: Dr. LEE Ka Wing Gavin

吳錦鴻醫生
 陳德顯醫生
 趙廸芬女士
 關卓妍女士
 梁綺薇女士
 黃馮玉棠女士
 黃金鳳女士
 黃世霞女士
 黃綺雯女士
 嚴卓雲醫生
 李家榮醫生

Scientific Committee 科學委員會

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 Members 委員: Dr. CHEUNG Man Hong Steve
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 Mr. MA Chun Ho Oliver
 Dr. TSANG Hoi Lun Helen
 Ms. WONG Kit Yee Lavinia
 Ms. YIP Ka Huen
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莫慕賢醫生
 張文康醫生
 李曾慧平教授
 馬俊豪醫師
 曾凱倫醫生
 黃潔怡女士
 葉家瑄女士
 李家榮醫生

Finance & Fundraising Committee 財務及籌募委員會

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 Dr. TANG Siu Fan Lorraine
 Members 委員: Ms. CHENG Pauline
 Mr. HO Andy
 Mr. KWOK Stanley
 Dr. LEE Ka Yan David
 Ex officio 當然委員: Dr. LEE Ka Wing Gavin

陳家樂先生
 鄧紹芬博士
 鄭寶花女士
 何安達先生
 郭偉良先生
 李家仁醫生
 李家榮醫生

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 in Nam Shan Estate was officially opened in October 2012. It has been served as home away home for our arthritis patients and volunteers. Patient self-help groups regularly organize health talks, yoga classes, painting classes and handicraft art workshops in the Centre.

於 2012 年 10 月開幕的香港風濕病基金會賽馬會病人資源及訓練中心位於南山邨。基金會就如同風濕病患者的第二個家。風濕科病人自助組織會於中心舉辦不同的活動，包括健康講座、瑜珈班、畫班及手工藝班等。



JOCKEY CLUB RHEUMATIC PATIENT REHABILITATION AND EDUCATION PROGRAMME

賽馬會風濕病患者復康及教育計劃

With the support of Hong Kong Jockey Club Charities Trust, the Foundation has launched the three-year project since August 2020 to provide effective rehabilitation and support services for our patients to enhance their disease management capabilities.

承蒙香港賽馬會慈善信託基金的支持，香港風濕病基金會於 2020 年 8 月起推行為期 3 年的「賽馬會風濕病患者復康及教育計劃」。藉著提供有效的復康及支援服務，提升風濕病患者的自我管理能力的。

賽馬會風濕病患者復康及教育計劃
Jockey Club Rheumatic Patient Rehabilitation and Education Programme

本計劃通過推行多項具實證成效的訓練活動，為風濕科病患者提供有效的復康及支援服務，提升病症管理能力，有助控制病情，突破限制，在長期病患路上，活得自在。

此外，亦將透過社區展覽和網上資訊平台，加強社會大眾對風濕科病症的認識，病患者得到更多親友及社會人士的支持，早期患者能及早正視病情，減少因疾病引致的殘障及併發症。

計劃目標：

1. 協助風濕科病友掌握及實踐復康活動，改善健康及生活質素。
2. 建立朋輩導師支援網絡，強化社區資源及協作，增加對風濕科病友的支援。
3. 提高社會大眾對風濕科病症的認識。

計劃推行時間：2020年8月至2023年7月(為期3年)

六大復康及教育服務：

風濕科水療課程
物理治療師指導於水溫池進行水中運動治療。
預計時間：2020年9月後
對象：經風濕科醫士轉介的風濕科病患者

物理治療運動課程
物理治療師指導進行運動，達到舒緩痛楚及防治傷患的效果。
預計時間：2020年9月後
對象：經風濕科醫士轉介人員或病人自助組轉介的風濕科病患者

「風濕・我自理」風濕病自我管理課程
透過疾病自我管理技巧，例如認識病情、關節保護、痛楚處理、用藥須知、康復、行醫計劃訂立等，協助患者有效控制病情。
預計時間：2020年10月開始
對象：風濕科病患者及患者家屬

「風之友」伴友啟航朋輩導師訓練及病友支援服務
病友義工接受訓練後，成為朋輩導師，為其他病友提供互助活動及提供同路人支援。
預計時間：2020年9月開始
對象：病友義工以及有興趣參加義工訓練的患者及其家屬

親歷・親為認識風濕病社區展覽
在各區巡迴展覽，讓參加者認識風濕、關節痛等，體驗風濕科病症帶來的限制，進入病患者的世界，體驗不一樣的生涯。
預計時間：2021年8月開始
對象：公眾人士

風濕病線上全面睇
透過基金會的網上平台發放風濕科病症資訊，讓社會大眾全面認識風濕病及其護理方法。
預計時間：2020年8月開始
對象：病友、家屬及公眾人士

參加辦法
本計劃將分階段推出，詳情請參閱有關海報及單張或本會網頁。歡迎致電本會查詢。

編註：*朋輩導師課程選修。

捐助機構



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心齊步向前 RIDING HIGH TOGETHER

主辦機構



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



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[香港風濕病基金會]

賽馬會風濕病患者復康及教育計劃
Jockey Club Rheumatic Patient Rehabilitation and Education Programme

「風之友」伴友啟航 朋輩導師訓練 (單元一)風濕病自我管理小組篇

風之友大召集！齊來伴友啟航！！

初確診或未控制好病情嘅病友特別無助同孤單……

你願意協助佢地克服困境嗎？

陪伴佢地一齊建立有效風濕症自我管理能力的？

為佢地打氣同加油！

課程詳情：

日期：9月20及27日(星期日)(2天)
時間：早上9:30至下午5:30 (午餐時間除外，共7小時)
地點：香港風濕病基金會 賽馬會病人資源及訓練中心(石硤尾)(若疫情影響，將改為網上授課)
對象：病友義工、有興趣參加義工訓練的患者及其家屬

內容：由香港復康會資深社工 劉素瑛姑娘講解如何掌握「風濕・我自理」課程及協助病友的技巧
費用：全免
名額：15人
義務：成為「風濕・我自理」課程朋輩導師，最少協助一次課程，共4節及10小時

****要求：參加者需經評估，才獲認報名成功**
本訓練參考英國史丹福大學病人教育中心「長期病自我管理課程」的教學理論作內容編輯
*****備註：此朋輩導師訓練計劃共有三單元，將分階段推出，受訓後的導師能更有信心為其他病友提供互助活動及提供同路人支援。**

捐助機構



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心齊步向前 RIDING HIGH TOGETHER

主辦機構



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

查詢請致電

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報名請掃描

>>>>>>>



ACTIVITIES UNDERTAKEN AND RESULTS ACHIEVED 活動回顧

EDUCATION COMMITTEE 健康教育委員會

COLLABORATION WITH THE HONG KONG SOCIETY FOR REHABILITATION

與香港復康會的合作

Community Rehabilitation Network (CRN) of Hong Kong Society for Rehabilitation has been our close partner. A joint programme "Arthritis Self-management Programme" was launched in 2015. 64 newly diagnosed patients with rheumatoid arthritis participated in this programme in the year of 2020/21. The 4-session course covered disease information, joint protection techniques, exercise and daily care information. Social workers helped the participants to set up action plan and review their progress at the reunion.

基金會長久以來與香港復康會社區復康網絡保持緊密合作，共同籌辦不同的公眾教育活動。由2015年起開展之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。2020至21年度共有64位新確診病患者參加此課程。在4節的課堂中，參加者可得著正確的病科資訊，亦可了解運動及自我管理的重要性。社工會與參加者一同訂立行動目標，並於重聚日一同回顧及檢討。

主辦機構：香港風濕病基金會
Hong Kong Arthritis & Rheumatism Foundation Ltd.

合辦機構：香港復康會
The Hong Kong Society for Rehabilitation

關節・我自理

關節炎自我管理課程

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

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

賽馬會風濕病患者復康及教育計劃
Jockey Club Rheumatic Patient Rehabilitation and Education Programme

「風濕・我自理」風濕病自我管理課程之 關節・我自理

良好的病性自我管理能有效控制病情，這課程可幫助你正確認識關節炎、用藥須知、治療方案、藥物處理、運動、關節保護、情緒管理，並制訂行動計劃，實踐於生活中，與病共存，活得自在。

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
退化性關節炎之患者及家屬（退化性關節炎自理班）；報名者均須評估

名額：每班12人
費用：\$60（全期課程4節及重聚）/（社區復康網絡會員\$40/綜援人士免費）
若疫情影響，將改為家中網上上課，2020年本網上課程學費可獲全數減免
學員可獲贈教材資料一套

課程日期及上課地點（**若疫情影響，將改為家中網上上課）

日期及時間（4節）	地點	查詢及報名電話
10月27日至11月17日（二） 下午2:00-4:30	社區復康網絡大興中心（屯門）	2775 4414
11月6日至11月27日（五） 下午2:30-5:00	社區復康網絡李鄭屋中心（長沙灣）	2361 2838
11月9日至11月30日（一） 下午2:30-5:00	香港風濕病基金會 賽馬會病人資源及訓練中心（石硤尾）	2361 2838
11月27日至12月18日（五） 晚上7:00-9:30	香港風濕病基金會 賽馬會病人資源及訓練中心（石硤尾）	2361 2838
12月14日至1月4日（一） 下午2:30-5:00 *退化性關節炎自理班	香港風濕病基金會 賽馬會病人資源及訓練中心（石硤尾）	2361 2838
1月6日至1月27日（三） 晚上7:00-9:30	社區復康網絡橫頭磡中心（樂富）	2775 4414
2月6日至3月6日（六） 早上10:00-12:30	社區復康網絡李鄭屋中心（長沙灣）	2361 2838
3月4日至3月25日（四） 下午2:30-5:00	社區復康網絡康山中心（太古城）	2549 7744
3月8日至3月29日（一） 晚上7:00-9:00	社區復康網絡禾連中心（沙田）	2636 0666

捐助機構：香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
RUI SHIP HING RIDING HIGH TOGETHER

主辦機構：香港風濕病基金會
Hong Kong Arthritis & Rheumatism Foundation Ltd.

合辦機構：香港復康會
The Hong Kong Society for Rehabilitation

查詢請致電 **2346 6336**
或瀏覽 **www.hkarf.org**



PEER COACH TRAINING PROGRAMME 朋輩導師訓練計劃

As the key part of the project of the Jockey Club Rheumatic Patient Rehabilitation and Education Programme, peer coach training was launched in September 2020. 12 patient volunteers were recruited. They joined a two and a half days workshop in September 2020. Volunteers were actively involved and made various attempts including giving reports and leading groups. They could consolidate their understanding of self-management skills of the disease and expand their social circle.

「風之友」伴友啟航朋輩導師訓練是賽馬會風濕病患者復康及教育計劃的重點項目。此計劃已於2020年9月開展。12位病友義工參與了9月開辦的兩天半自我管理課程組長訓練工作坊。參與課程期間，病友義工積極參與課堂活動，並作出多方面的嘗試，如匯報及帶組。此有助鞏固他們對自我管理風濕病的認識，以及可擴闊社交圈子。

EDUCATIONAL TALKS 健康教育講座

With the support of the Jockey Club Community Sustainability Fund, a series of Facebook live talks a total of seven Facebook live health talks would be implemented in eight months since October 2020. Five episodes were broadcasted in the year 2020-21. Each episode focused on different rheumatologic diseases. Patients were invited to share their experiences in managing their disease.

A working group was formed by 7 rheumatism disease patient groups and the Foundation. Core members of the patient groups identified suitable members as volunteers to join the working group. They contributed ideas on how to organize Facebook lives and reach their members and new patients.

由賽馬會社區持續抗逆基金捐助的風濕病網上教育計劃「風濕情報站」計劃，自2020年12月5日開播至今，已完成共5集的Facebook直播講座。每集以不同的風濕病為主題，由風濕科專家講解風濕病患者關注的議題。是項計劃由基金會與7個風濕科病友組織合作，成立工作小組商討計劃的推行細節，每場直播由病友組織義工擔任不同的工作崗位，協力將風濕病科資訊推廣至社區。

2020/21

Total peak live viewers 總最高峰觀看人數:

555

No. of engagements 接觸人數:

5,010

No. of views 觀看總人數:

16,779

Topic of Talks 講座主題

- a) Know More About Myositis Antibodies and Muscle Exercise
《皮肌炎抗體及肌肉鍛鍊運動知多啲》
Date: 5 December 2020
Speakers: Dr. SO Ho and Dr. KWOK Wai Leung
No. of engagements: 802
No. of views: 6,641
- b) Sjogren's Syndrome and Eye Problems of Sjogren's Syndrome
《全方位認識乾燥綜合症及乾燥綜合症的眼部問題》
Date: 2 January 2021
Speakers: Dr. NG Sin Ngai Ray and Dr. LI Yuen Mei Emmy
No. of engagements: 1,127
No. of views: 1,878
- c) Juvenile Idiopathic Arthritis

《兒童風濕病》

Date: 30 January 2021

Speaker: Dr. CHEONG Kai Ning

No. of engagements: 1,544

No. of views: 1,920

- d) New Coronavirus Pneumonia, Vaccination and Joint Care for Rheumatoid Arthritis Patients

《類風濕性關節炎患者關於新冠肺炎和疫苗接種的考慮及疫情下的關節護理需要》

Date: 27 February 2021

Speaker: Dr. YU Ka Lung Carrel and Prof. LI TSANG Wai Ping

No. of engagements: 662

No. of views: 2,161

- e) Treatment of Systemic Lupus Erythematosus and Personal Care Under Pandemic Situation

《系統性紅斑狼瘡治療方向及疫情下的個人護理》

Date: 27 March 2021

Speakers: Dr. YUEN Ka Yan Catherine and Ms. KWOK Suet Kei Gladys

No. of engagements: 875

No. of views: 4,179

HKARF organizes regular educational online talks in each season to raise awareness of rheumatic disease and provide correct information to the patients.

基金會每季舉辦線上健康教育講座，以提高社會對風濕病的認識，以及為患者提供正確的病科資訊。

	<u>2020/21</u>
No. of Facebook lives 直播講座次數:	5
No. of engagements 接觸人數:	4,105
No. of views 觀看講座總人數:	29,778

Topic of Talks 講座主題：

- a) Scleroderma and Related Pulmonary Complications 《硬皮症及相關肺部併發症》
Date: 29 June 2020
Speakers: Dr. MA Kai Yiu and Ms. KWOK Suet Kei Gladys
No. of engagements: 817
No. of views: 1,684
- b) Self-management Under the Pandemic 《疫情下，風之友如何自處》
Date: 27 August 2020
Speaker: Dr. LEE Ka Wing Gavin
No. of engagements: 1,016
No. of views: 10,920
- c) Psoriatic Arthritis Features and Related Disorders 《銀屑病關節炎特徵和相關疾病》
Date: 28 October 2020
Speaker: Dr. LAI Tin Lok
No. of engagements: 497
No. of views: 14,129
- d) Scleroderma Winter Challenge 《硬皮症之冬日挑戰》
Date: 16 January 2021
Speaker: Dr. YEUNG Wan Yin

No. of engagements: 1,032

No. of views: 751

e) Ankylosing Spondylitis 《強直性脊椎炎 - 全方位・全面睇》

Date: 10 March 2021

Speaker: Dr. CHUNG Ho Yin

No. of engagements: 743

No. of views: 2,294

INTERNATIONAL RHEUMATOLOGY DAY ONLINE CARNIVAL 2020

國際風濕病日網上嘉年華 2020

International Rheumatology Day Online Carnival 2020 was held on 11 October. It was our privilege to our Honorary President Prof. LAU, Chak Sing to the Carnival. He is also Chairperson of the Department of Medicine, School of Clinical Medicine, Li Ka Shing Faculty of Medicine, the University of Hong Kong. And we were glad to have Founder and Chairman of Hong Kong Society of Musculoskeletal Pain Dr. LI, Ching Fan join us too. Chairman of Hong Kong Arthritis & Rheumatism Foundation Ltd. Dr. LEE, Ka Wing, Prof. LAU, and Dr. LI delivered the opening speech.

Dr. TSANG, Man Ha and her team from Department of Rehabilitation Sciences of the Hong Kong Polytechnic University demonstrated exercises on how to relieve neck and shoulder pain. Dr. SHAM Penelope demonstrated meditation yoga and Dr. CHU Mary and her team demonstrated Baduanjin (八段錦). "The Hold Breath Challenge" launching ceremony was also held.

國際風濕病日網上嘉年華 2020 於 10 月 11 日舉行。我們十分榮幸邀請到香港風濕病基金會創會會長及香港大學內科學系講座教授劉澤星教授、香港肌肉骨骼疼痛學會會長李靜芬醫生及基金會主席李家榮醫生致辭。

香港理工大學康復治療科學系助理教授曾敏霞博士及其團隊示範舒緩肩頸痛的運動。我們亦有幸邀得沈佩怡醫生為參加者示範靜觀瑜珈，以及朱文麗博士及其團隊為參加者示範八段錦。同日亦舉行了「鬥長氣大挑戰」的啟動儀式。



PUBLICATIONS AND SOCIAL MEDIA 刊物及社交媒體

Newsletters 基金會會訊

HKARF publishes Chinese and English newsletters regularly. Arthritis Care is a biannual Chinese newsletter. It provides an update on Foundation's programmes and events for the patients and general public.

CHARM is an annual English newsletter. It provides latest information relating to rheumatic diseases to healthcare professionals engaged in the management of patients with rheumatic diseases.

基金會每年出版兩期《關懷會訊》，為大眾及風濕病患者提供本會的最新活動資訊。



每年出版一期的英文會訊 **CHARM** 集中討論風濕科疾病的最新診治及護理方法，讓風濕科醫護人員可互相交流，從而得到最新的病科資訊。

Disease Informative Booklets 風濕科教育小冊子



HKARF publishes educational videos and booklets on different chronic rheumatic diseases to provide up-to-date information to the patients and general public. Booklet on home exercise was published in 2014. Booklets on RA, OA, SLE, Gout, and Dermatomyositis were published 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有關風濕科疾病的教育小冊子，以提供最新診治及護理方法予風濕病患者及公眾人士。家居伸展運動及關節保護小冊子已於 2014 年出版。類風濕性關節炎、骨關節炎、紅斑狼瘡、痛風症及皮肌炎小冊子則已於 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則已於 2019 年第一季出版。

Rheumatoid Arthritis Book 類風濕性關節炎書籍

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

基金會出版《與風同行》，為公眾人士提供類風濕性關節炎的治療及護理資訊。書中含風濕病患者及醫護人員的分享，加深讀者對風濕科疾病的認識。



SkyPost Medical Column 晴報醫療專欄

In order to let the general public and rheumatoid arthritis patients have more understanding on arthritis, the Foundation published 10 articles in SkyPost from January to March 2021. A number of cross-sector professionals, including licensed dietitians, podiatrists, occupational therapists, senior social workers, physiotherapists, senior rheumatology nurses, and patients were invited to write the articles to share their expertise and experience.

為了讓公眾及類風濕性關節炎患者可更全面了解病科資訊，基金會於 2021 年 1 月 4 日至 3 月 8 日在晴報刊登了 10 篇文章，邀請了多個跨界別的專業人士撰寫內容，其中包括認可註冊營養師、足病診療師、職業治療師、資深社工、物理治療師、風濕科資深護師，以及病友，以不同角度提供類風濕性關節炎的專業分享。

- a) 《類風濕性關節炎致進食困難 注重營養吸收 避免骨質疏鬆》
- b) 《類風濕性關節炎併發足部病變 合適鞋履護墊 有助延緩惡化》
- c) 《職業治療個人化 提升類風濕性關節炎患者自理能力》
- d) 《線上線下啟動治療與復康 為風濕病患者重整新生活》
- e) 《專科物理治療 加強自我管理 減輕類風濕性關節炎永久傷害》
- f) 《強直性脊椎炎無阻未來路向 積極治療定必浴火重生》
- g) 《類風濕關節炎 認識少誤解多 依從用藥指示 治療成效更佳》
- h) 《母子同患強直性脊椎炎 積極治療 尋求支援 希望仍存》
- i) 《罹患紅斑狼瘡症不言棄 家人扶持 走出低谷 重現人生色彩》
- j) 《類風濕性關節炎伴隨半生 平衡心境 更勝一切治療》

HKARF Facebook Page 香港風濕病基金會面書專頁

Facebook has become one of the popular channel for disseminating information and interacting with the general public. HKARF launched its Facebook page in August 2016. This has become a major platform for promoting Foundation's updates and spreading arthritis disease information.

面書已成為傳播資訊的重要渠道。基金會於 2016 年 8 月開設面書專頁，除為公眾帶來最新的病科資訊外，亦藉此宣傳基金會的活動。

<u>Facebook post series</u> <u>面書活動系列</u>	<u>No. of posts</u> <u>貼文數目</u>	<u>MM/YY</u> <u>月/年</u>	<u>No. of</u> <u>clicks/actions</u> <u>點擊/瀏覽次數</u>
基金會服務介紹	7	04/2020	411
與蝶共舞・樂對紅斑狼瘡活動	22	05/2020	4,784
水療運動 36 式	1	06/2020	1,572
硬皮症	14	06/2020	169,906
類風濕性關節炎	10	07/2020	1,687
風中故事	3	07/2020	381
類風濕性關節炎	7	08/2020	489
銀屑病關節炎	4	09/2020	260
國際風濕病日網上嘉年華及講座短片	5	10/2020	15,982
鬥長氣大挑戰	13	11/2020	4,807
類風濕關節炎短片系列	16	12/2020	3,322
皮膚炎	6	01/2021	2,929
脊椎關節炎	4	03/2021	392
骨關節炎	4	03/2021	269
紅斑狼瘡症	3	03/2021	156

Video Series on RA 類風濕關節炎短片系列

The Foundation was honoured to invite the famous former anchor Ms. Lam, Siu Chun and rheumatology specialists and nurses to participate in filming educational videos. The filming was edited into 11 short films, including theatrical performances and informative disease information. The topics included diagnosis, symptoms, treatment, and daily care of rheumatoid arthritis. All videos were published in TOPick and to Facebook in January 2021.

基金會邀請到著名前主播林小珍小姐及風濕科專科醫護參與拍攝教育短片。拍攝共被剪輯成 11 條短片。其中有戲劇演出及豐富的病科資訊分享，涵蓋類風濕性關節炎的診斷、病徵、治療與日常護理的資訊。

Short Films 短片：

- a) 風濕病發 無分年齡
- b) 風濕攻擊下肢 消瘦腳腫要留意
- c) 止痛藥味亂食 關節炎有得醫
- d) 勿拖延診症 痛症影響心情
- e) 風濕非靠估 體檢驗血乎？
- f) 治療方法好多種 食藥打針一樣好
- g) 傳統藥物 VS 新藥 拆解 4 個治療類風濕性關節炎的迷思
- h) 舒緩抗不適 類風濕性關節炎之治療與監察
- i) 基因惹的禍？拆解類風濕性關節炎 6 大疑團
- j) 檢測解密課 解答類風濕性關節炎 5 大常見疑問
- k) 神秘的紅色 拆解類風濕性關節炎的 5 個迷思

PATIENT SUPPORT COMMITTEE 病人支援委員會

PHYSICAL THERAPY AND FITNESS PROGRAMMES 運動課程

Hydrotherapy 風濕科水療練習計劃

HKARF started running hydrotherapy programme for patients suffering from chronic inflammatory arthritis in 2008. Our classes have become the most popular programme among patients.

基金會由 2008 年起開展「風濕科水療練習計劃」。此課程成為最受病人歡迎的服務。

Targets: Patients with inflammatory arthritis

對象：慢性風濕病患者

	<u>2019/20</u>	<u>2020/21</u>
Session 節數:	476	0
No. of patient sessions	4,220 (289 patients)	0 (0 patient)
人次:		

OSC Programme - Hydrotherapy Class

1 April 2020 to 31 March 2021

Total no. of new referral cases: 19 (118)

Reasons of withdrawal: N/A

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

4 exercise classes for patients with musculoskeletal disease have been conducted in the Centre every week since 2013.

基金會自 2013 年起於賽馬會病人資源及訓練中心新設為風濕關節病患者而設的運動課程，現每星期增至 4 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>2019/20</u>	<u>2020/21</u>
Session 節數:	156	33
No. of patient sessions	762 (58 patients)	140 (33 patients)
人次:		

OSC Programme - PT Exercise Class

1 April 2020 to 31 March 2021

Total no. of new referral cases: 22 (20)

2020	Total no. of participants	New comers	Repeaters	No. of new referral cases	No. of withdrawals
One-off ZOOM online trial class	4	0	4	0	0
2020 Phase 1 (face to face) – 4 classes	20	4	16	4	0
網上運動訓練先導班 (不收費) – 4 classes	6	6	0	/	0
Total	30	10	20	4	0

2021	Total no. of participants	New comers	Repeaters	No. of new referral cases	No. of withdrawals
2021 Phase 1 (Zoom) – 6 classes	10	8	2	/	0
Total	10	8	2	/	0

Occupational Therapy 職業治療

The therapists have educated patients on joint protection skills and prescribed simple tailor-made splints since 2013.

職業治療服務由 2013 年起開展，職業治療師會為個別病人教導保護關節的技巧，並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：患有慢性風濕病而感到關節疼痛或出現關節變形的患者

No. of patient sessions 人次: 2019/20 2020/21
8 2

1 April 2020 to 31 March 2021

Total no. of new referral cases: 4 (4)

Enrolled: 2 (8)

Withdrawn: 0 (0)

Total no. of sessions: 2 (4)

Total no. of splints made: 0 (0)

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

Current waiting time for new appointment: 0 day

Arthritis Self-management Programme

1 April 2020 to 31 March 2021

Total no. of classes: 5 (3)

Class Period (2020)	Venue	No. of enrollments	No. of participants (reunion sessions)
22 Oct – 12 Nov 2020	HKARF Resources and Training Centre	5	5
27 Oct – 6 Nov 2020	CRN Tai Hing Centre	8	8
6 Nov – 27 Nov 2020	CRN Li Cheng Uk Centre (Online)	8	8
9 Nov – 30 Nov 2020	HKARF Resources and Training Centre	6	6
27 Nov – 18 Dec 2020	HKARF Resources and Training Centre	Cancelled	
9 Dec 2020 – 5 Jan 2021	HKARF Resources and Training Centre (Online)	10	10
Total		37 (30)	37 (21)

Class Period (2021)	Venue	No. of enrollments	No. of participants (reunion sessions)
6 Jan – 27 Jan 2021	HKARF Resources and Training Centre (Online)	10	4

6 Feb – 6 Mar 2021	CRN Li Cheng Uk Centre (Online)	11	
4 Mar – 25 Mar 2021	HKARF Resources and Training Centre (Online)	6	4
8 Mar – 29 Mar 2021	CRN Wo Che Centre	<i>Cancelled</i>	
6 Mar – 10 Apr 2021	HKARF Resources and Training Centre (Online)	7	5
12 Apr – 3 May 2021	HKARF Resources and Training Centre	8	Not yet held
Total		42 (37)	13 (37)

Laughter Yoga and Floor Curling 大笑瑜伽及地壺課程

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

基金會由 2017 年起舉辦大笑瑜伽及地壺課程，以提高風濕病患者做運動的興趣，從而改善患者的健康及心理素質。

	<u>2019/20</u>	<u>2020/21</u>
Session 節數:	4	0
No. of patient sessions 人次:	25 (11 patients)	0 (0 patient)

FINANCIAL SUPPORT 經濟支援

Patient Support Fund 風濕病患者支援基金

HKARF provides a maximum of HK\$6,000 per year to support the underprivileged patients to purchase self-financed medications and rehabilitation aids prescribed by doctors in Hospital Authority hospitals.

基金會每年提供港幣 6,000 元上限的經濟支援予有需要的風濕病患者，讓他們可購買自費處方藥物及復康用品。

	<u>2019/20</u>	<u>2020/21</u>
No. of application approved 批核申請:	71	48
No. of beneficiaries 受惠人數:	33	27
Average subsidy amount 平均資助額:	HK\$5,428.83 per patient	HK\$4,528 per patient
Total subsidy amount 總資助額:	HK\$179,151.60	HK\$122,266.00

1 April 2020 to 31 March 2021:

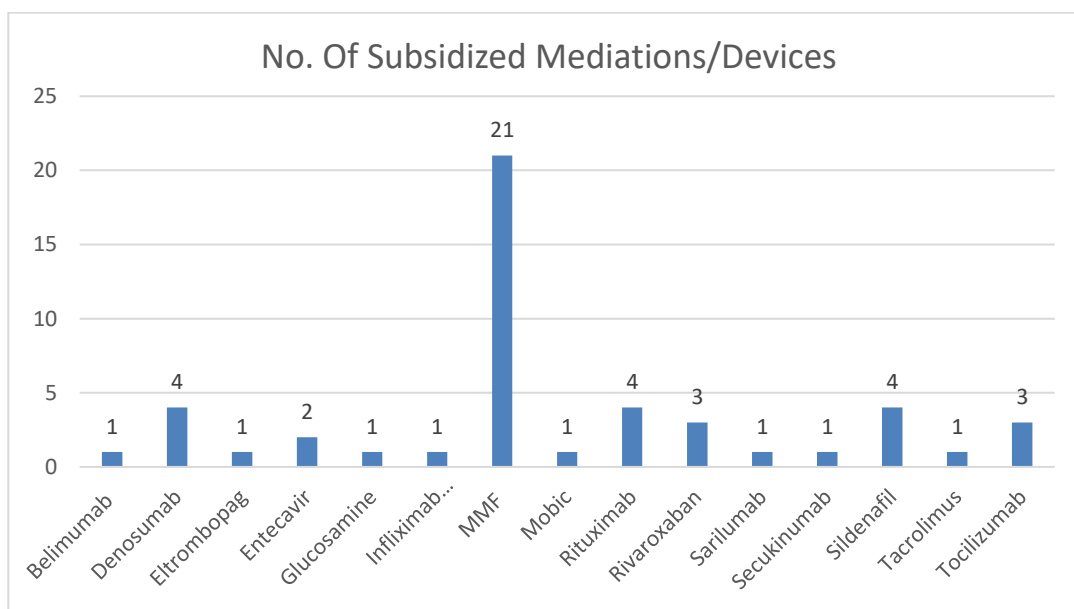
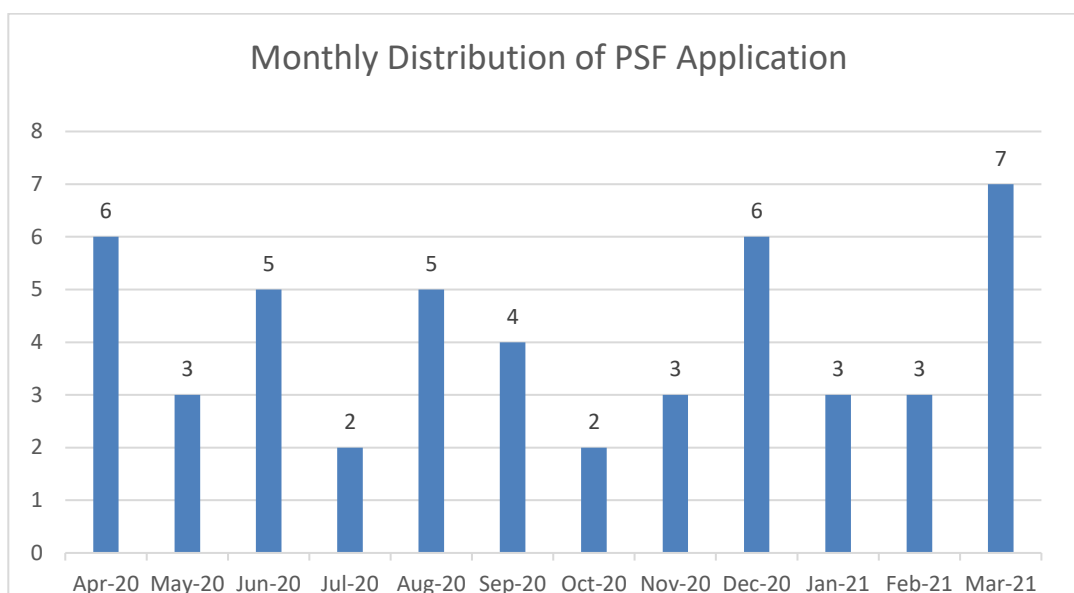
Total no. of applications: 49 (71)*

Approved: 48 (71)

Withdrawn/Rejected: 1 (0)

Total no. of patients benefited: 27 (including 7 new patients) (33, 5 new patients)

Total amount: HK\$122,266.00 (HK\$179,151.60)



^ MMF refers to Cellcept, Micocept, and other unspecified MMF.

*Figures in brackets are those of previous financial year.

Emergency Support Fund 風濕病患者緊急援助基金

Emergency Support Fund provides a one off subsidy up to HK\$5,000 to assist needy arthritis patients to cope with sudden crisis due to illness.

基金會為有緊急需要的風濕病患者提供一筆上限為港幣 5,000 元的緊急援助金。

	<u>2019/20</u>	<u>2020/21</u>
No. of application approved 批核申請:	0	2
Total cost of subsidized medications 總支援藥物金額:	HK\$0	HK\$10,000

1 April 2020 to 31 March 2021:

Total no. of applications: 4 (1)

Approved: 2 (1)

Rejected: 2 (0)

Total amount: HK\$10,000.00 (HK\$5,000)

Activity Fund 風濕病患者活動資助計劃

Rheumatic disease self-help groups may apply for HKARF Activity Fund for organizing functions for their members. The maximum funding amount has been increased from HK\$5,000 to HK\$8,000 per year since 2016.

病人自助組織每年可申請此活動資助計劃，以籌辦社交或教育活動。由 2016 年起，資助金額上限由港幣 5,000 元提高至港幣 8,000 元。

	<u>2019/20</u>	<u>2020/21</u>
No. of grant approved 已批資助數目:	1	0
No. of beneficiaries 受惠人數:	252	0
Total amount 總資助金額:	HK\$8,000	HK\$0

1 April 2020 to 31 March 2021:

Total no. of applications: 0 (3)

Approved: 0 (1)

Case No.	Association	Approved Date	Estimated no. of participants	Supported Amount
/			0	HK\$0 (HK\$16,800.00)

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

HKARF has been collaborating with the pharmaceutical companies to subsidize 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 diseases.

基金會致力與各藥廠合作，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。幾乎所有受資助的藥物都是用於治療風濕病和自身免疫性疾病的生物製劑。

	<u>2019/20</u>	<u>2020/21</u>
No. of beneficiaries 受惠人數:	165	217
Total cost of subsidized medications 總支援藥物金額:	HK\$5,752,604	HK\$7,634,035

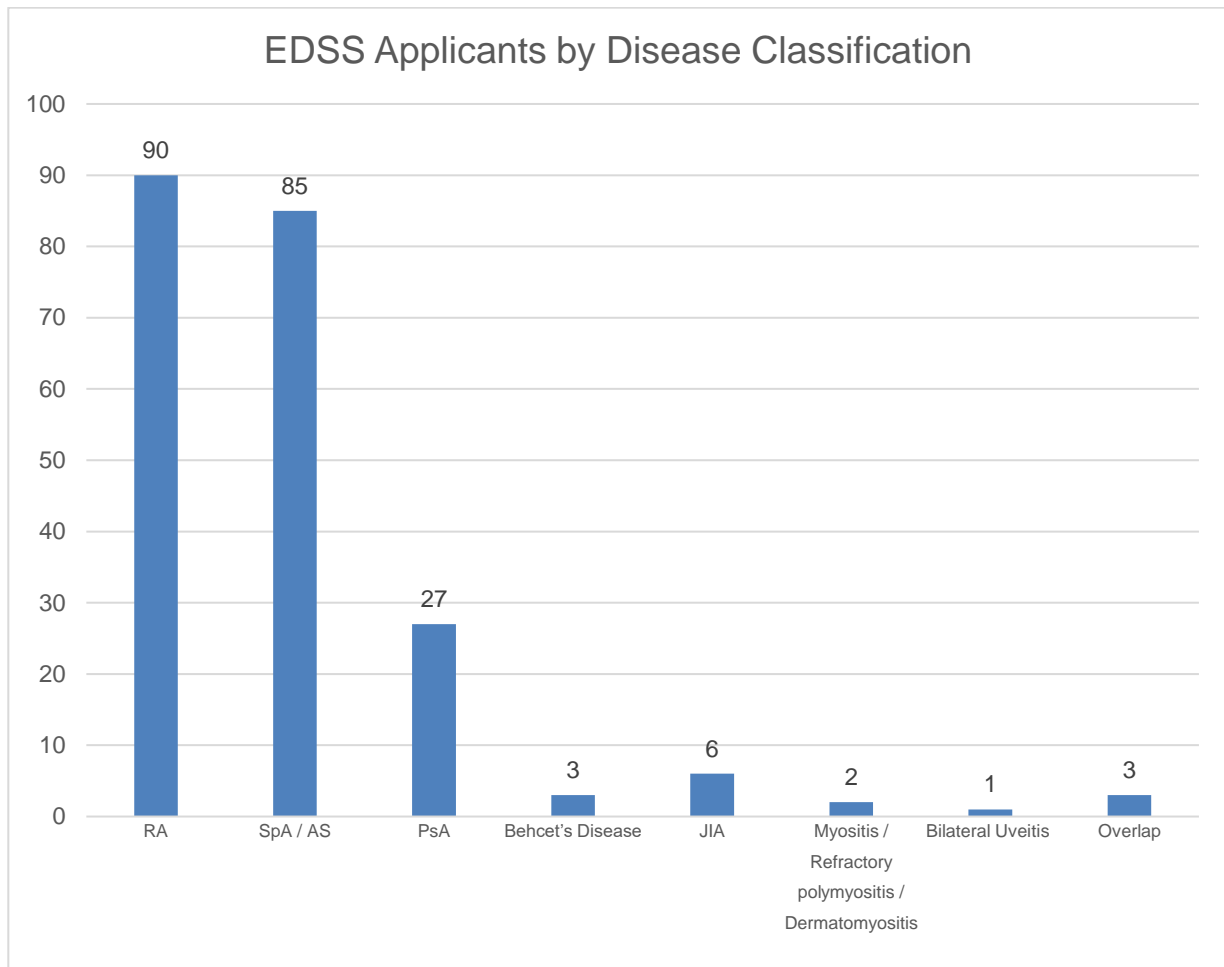
1 April 2020 to 31 March 2021:

Total no. of applications: 219 (165)

Approved: 217 (165)

Withdrawn/Rejected: 2 (0)

Total no. of new applicants: 103 (86)



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

RA – Rheumatoid Arthritis (類風濕性關節炎)

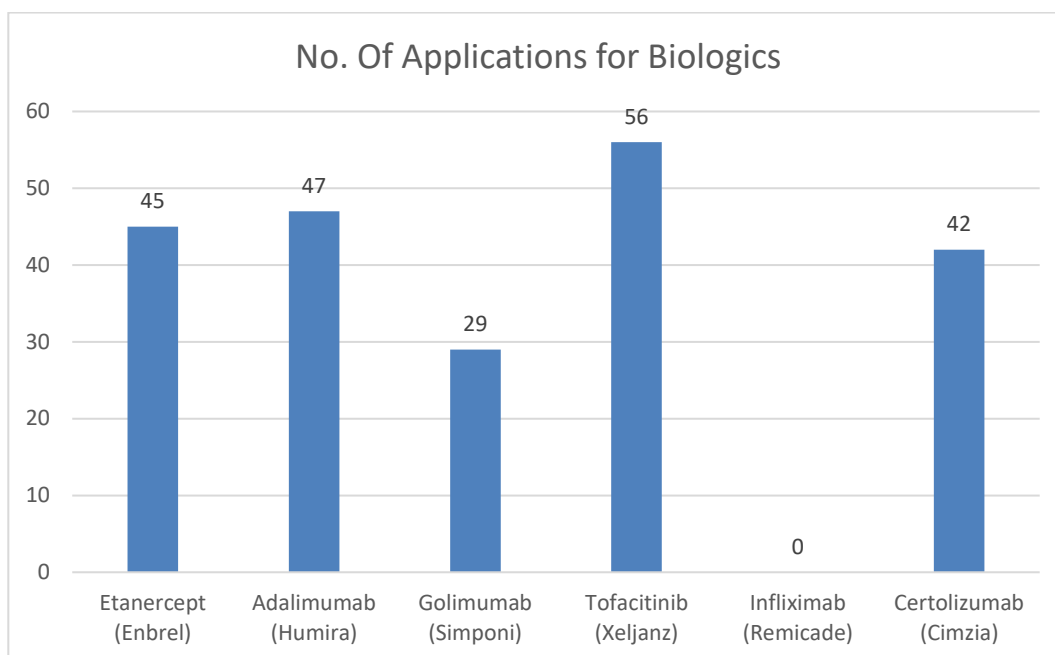
PsA – Psoriatic Arthritis (銀屑病關節炎)

Bilateral 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 / Dermatomyositis (多肌炎 / 皮肌炎)



Difficulty Level for Etanercept (Enbrel®)	
Level 1 (1+1)	44
Level 2 (2+1)	1
Total	45

Difficulty Level for Adalimumab (Humira®)	
Level 1 (1+1)	28
Level 2 (2+1)	11
Level 3 (3+1)	8
Total	47

Difficulty Level for Golimumab (Simponi®)	
Level 1 (1+1)	23
Level 2 (2+1)	5
Level 3 (3+1)	1
Total	29

Difficulty Level for Tofacitinib (Xeljanz®)	
Level 1 (2+1)	52
Level 2 (3+1)	4
Total	56

Difficulty Level for Infliximab (Remicade®)	
ADFR < 0-240,000 2 free infusions per year	0
Total	0

Difficulty Level for Certolizumab (Cimzia®)	
Level 1 (1+1)	32
Level 2 (2+1)	4
Level 3 (3+1)	6
Total	42

PATIENT SUPPORT SERVICES 病患者支援服務**Arthritis Buddy Helpline 風知己朋輩熱線電話**

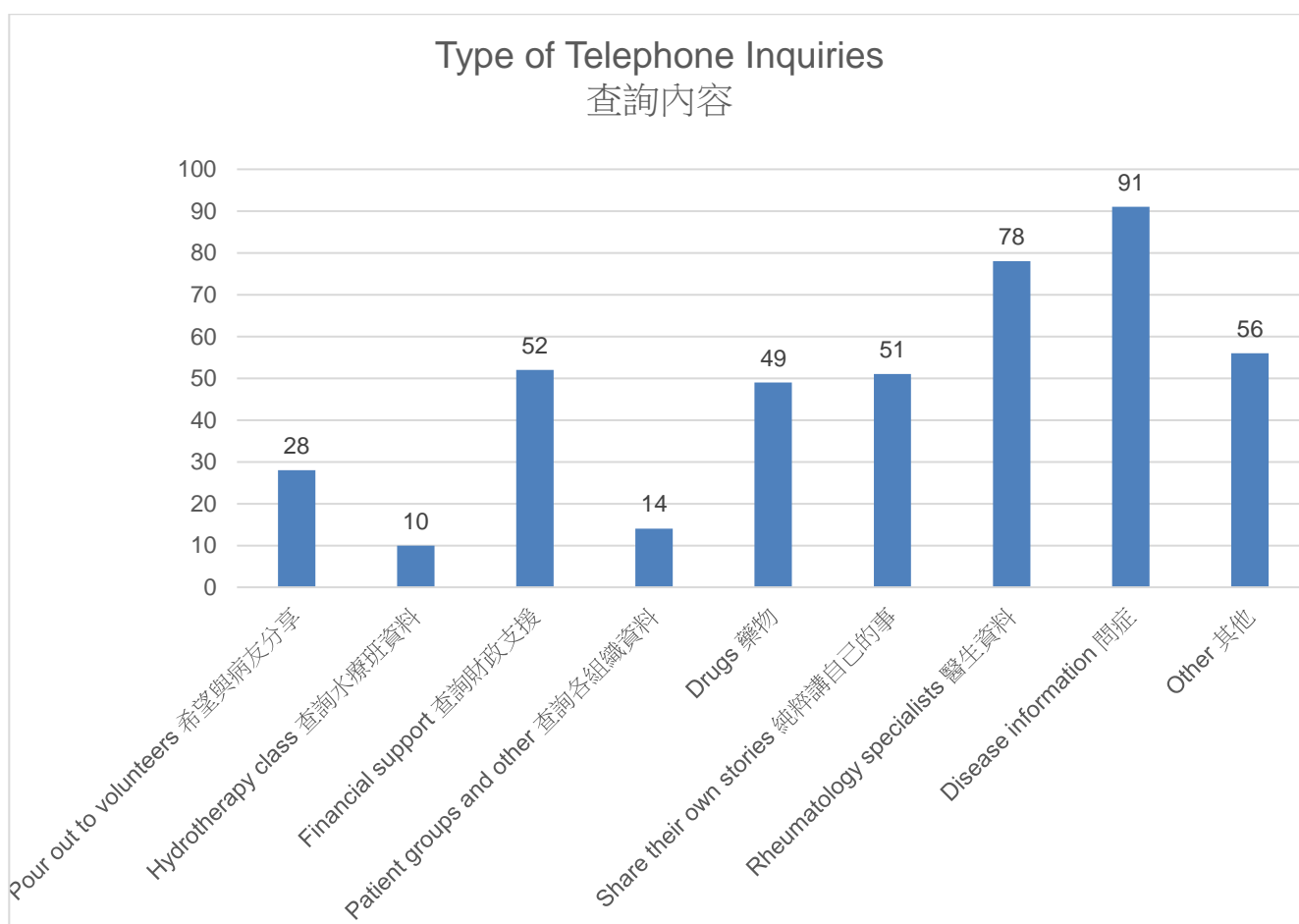
HKARF well-trained arthritis volunteers provide psychological and peer support for the patients four days a week — Tuesday to Friday from 2pm to 5pm. Majority of inquiries is disease information.

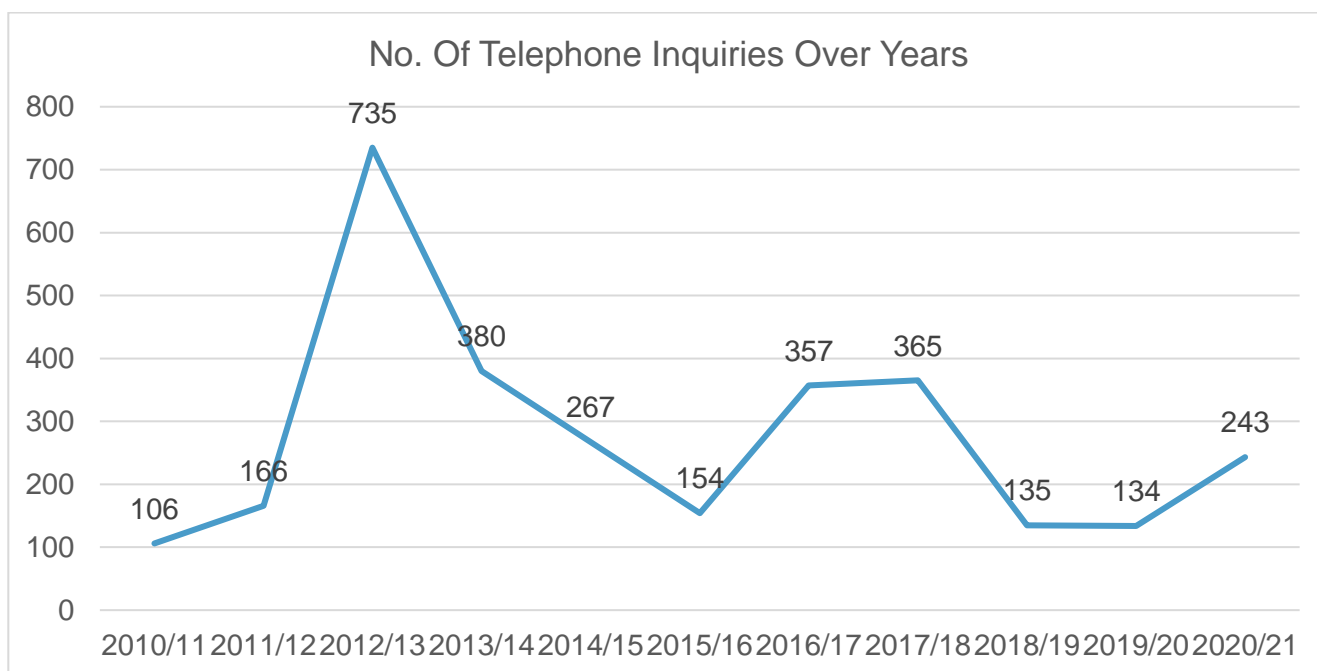
風知己朋輩熱線電話由已受專業培訓的風濕科病友義工接聽，服務逢星期二至五下午二時至五時展開。來電者多查問病科資訊。

	<u>2019/20</u>	<u>2020/21</u>
No. of telephone inquiries 來電數目:	134	243

1 April 2020 to 31 March 2021:

	(2019/20)	2020/21 2346 6336	2020/21 2346 2999	2020/21 Total
Total no. of incoming calls	(134)	54	189	243
Total minutes	(1,595 mins)	576 mins	2,803 mins	3,379 mins
Average duration of call	(11.9 mins)	10.7 mins	14.8 mins	13.9 mins





Website Q & A, Email Enquiry, and Facebook Enquiry

Website Q & A (1 April 2020 to 31 March 2021):

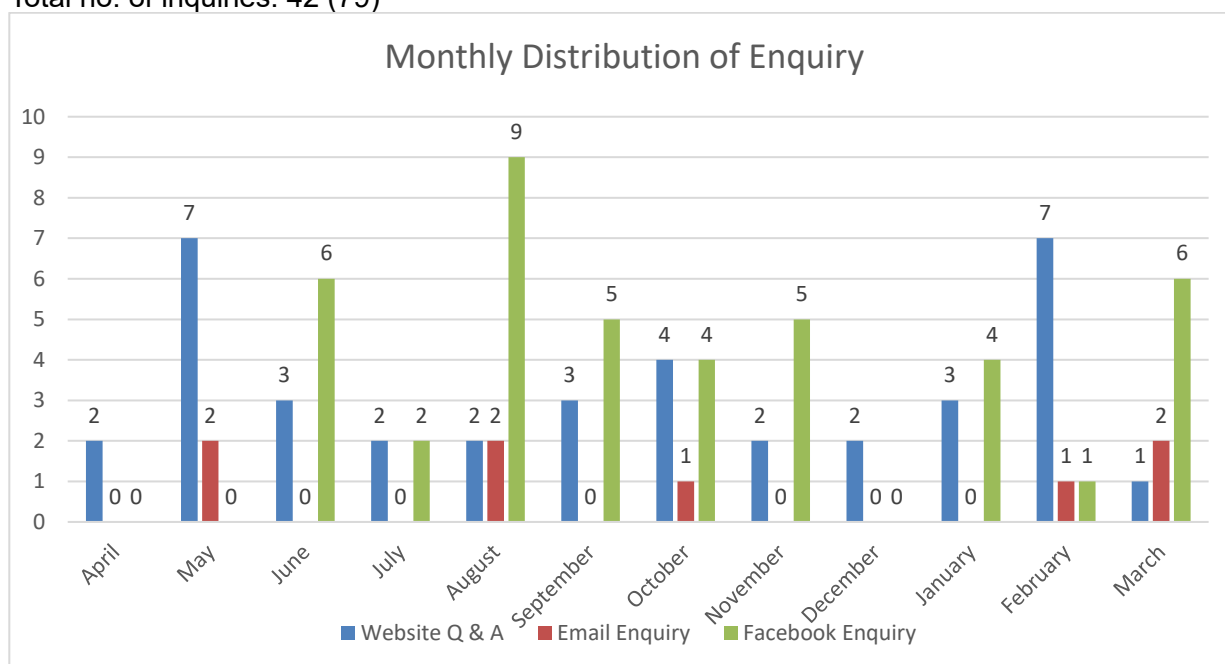
Total no. of inquiries: 38 (3)

Email Enquiry (1 April 2020 to 31 March 2021):

Total no. of inquiries: 8 (51)

Facebook Enquiry (1 April 2020 to 31 March 2021):

Total no. of inquiries: 42 (79)



OSC Programme - Total Expenditure During the Period 1 April 2020 – 31 December 2020

	Approved Cases	Approved Amount
1. Patient Support Fund	48	HK\$ 122,266.00
2. Expensive Drug Support Scheme	217	0.00
3. Emergency Fund	2	HK\$ 10,000.00
4. Activity Fund	0	HK\$ 0.00
5. Arthritis Buddy Helpline (Volunteers allowance)		HK\$ 90.00
Net Expense:		<u>HK\$ 132,356.00</u>

SCIENTIFIC COMMITTEE 科學委員會

1) HKARF/HKSR Scholarship

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

Applicants must be full time medical doctors in rheumatology training or full time allied-health professionals, including nurses, occupational therapists, physiotherapists, dieticians who are involved in rheumatology services. For trainees, only rheumatology trainees who are undertaking a supervised training programme in Hong Kong College of Physicians are eligible to apply. The deadline for application is 31 July every year. There were no applications in the year 2020/21.

2) Newsletter for Healthcare Professionals: CHARM

CHARM provides arthritis healthcare professionals with the latest arthritis news within the healthcare sector. The “C” stands for Care, the “H” stands for Health, the “A” stands for Arthritis, the “R” stands for Rheumatism, and the “M” stands for Management. It has been launched since February 2009. There are abundance of articles covering all the most recent cross disciplinary topics, including rheumatology, paediatric rheumatology, orthopaedic surgery, physiotherapy, occupational therapy, and rheumatology nursing. It aims to improve readers’ practices.

CHARM Vol. 14 was published in December 2020 and the topic was Juvenile Idiopathic Arthritis (JIA).

FINANCE & FUNDRAISING COMMITTEE

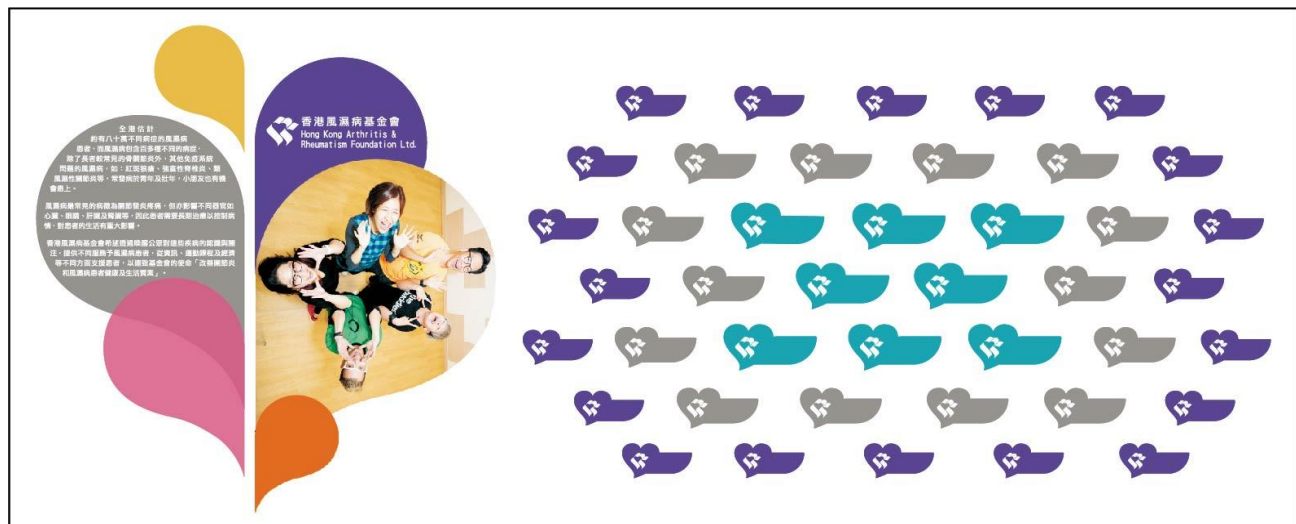
財務及籌募委員會

Donation Wall for Hydrotherapy 樂助水療捐獻牆

Hydrotherapy programme is the most popular service of the Foundation. The 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:

由於水中運動有助緩解風濕病患者的病情，基金會繼續推展「水療練習計劃」。基金會由衷感謝以下善長支持我們由 2017 年起開展之「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：

Gold Sponsorship 金贊助	Asahi Group Company Limited	朝日集團有限公司
	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 銀贊助	Janssen Pharmaceuticals	楊森大藥廠
	Ms. CHAN King Chu	陳琮珠女士
Copper Sponsorship 銅贊助	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. NG Elton	吳俊霆先生
	Mr. CHOW Chiu Yin	周昭賢先生



The Hold Breath Challenge 「鬥長氣大挑戰」

In response to the International Arthritis Day, which is held on October 12 every year, the Foundation organized the Hold Breath Challenge from October to December 2020. We hope this fundraising event is an opportunity to raise the public awareness on rheumatic disease and lung health. Studies have shown that rheumatoid arthritis, lupus erythematosus, dermatomyositis and scleroderma are relatively high risk of developing pulmonary complications, such as pulmonary hydrops, high pulmonary blood pressure, pneumonia, and pulmonary fibrosis. These groups of patients may have dry cough, shortness of breath, wheezing, and difficulty breathing, and they may be hard to speak and walk, causing great trouble to their daily life experiences.



Participants were invited to shout out the slogan of the International Arthritis Day. They could invite their friends to join this fundraising event. We were glad to have Ms. CHENG Sui Man, Ms. CHENG Lisa, Mr. WU Jack, Mr. NG Vince, Ms. NG Josephine, Ms. YEUNG Man Wai, Mr. LEUNG Joey, and Mr. YAPP Hung Fai join us in this meaningful event. Our Executive Committee Members voted for the prize-winning short films. There were the Best Kindness Award, the Funniest Award, and the Longest Hold Breath Award. Winners would receive a crystal plaque and two rheumatology books related to nursing and treatment.

The participants of the event were enthusiastic. Congratulations to Mr. WONG on winning the longest hold breath award and Mr. CHAN Kar Lok on winning the Best Kindness Award. Around HK\$80,000 has been raised.

基金會響應每年 10 月 12 日的「世界風濕病日」(前稱「國際風濕病日」)，於 2020 年 10 月至 12 月舉辦了「鬥長氣大挑戰」，希望公眾更關注風濕病患者的肺部健康。研究顯示，類風濕性關節炎、紅斑狼瘡症、皮膚炎及硬皮症是具相對高風險出現肺部併發症疾病的群組。肺部併發症疾病包括肺積水、肺血壓高、肺炎及肺纖維化等。這群患者可能出現乾咳、氣促、氣喘及呼吸困難的情況，連說話、走路都無能為力，對患者的日常生活及健康造成很大困擾。

參加者獲誠邀喊出世界風濕病日主題的口號：「護肺強心 提升健康 你 做得到 風濕病患 一起關愛 與你同心」，最後一個字「心」要拖長至需換氣為止。參加者可邀請朋友一起參加是次籌款活動。基金會十分榮幸邀請到鄭萃雯、鄭麗莎、胡諾言、伍家謙、朱薰、楊文蔚、梁祖堯、葉鴻輝，共 8 位名人和大家「鬥長氣」。委員按參選短片選出最善心大獎、最攞笑大獎及最長氣大獎。勝出者可獲精美水晶壹座及《與風同行》、《風濕病全面睇》書籍各一本。

是次活動反應熱烈，不少醫護人員、病友及公眾人士都十分投入參與。在此恭喜黃卿水先生(水哥)及陳家樂先生分別奪得「最長氣大獎」及「最善心大獎」。活動共籌得近八萬元善款。



HKARF has taken on the important role of improving quality of life of our patients. Support from donors makes it possible for us to ensure steady flow of funds for integrating sustainability principles in our current comprehensive programmes.

1) PayPal Online Donation Platform

The Foundation has initiated the online donation platform through PayPal since March 2013 which emphasizes the convenience. In 2020/21, a total of HK\$62,508.46 was collected. It has increased by 53.17%, as compared with a year ago.

2) Crossed Cheque and Direct Bank Transfer

Donors could mail the crossed cheque to Nam Shan Centre and make direct bank transfers to our HSBC account. A total of HK\$246,725 was collected using these two donation methods. The account information and mailing address are shown on HKARF website.

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獎學金，表彰有志到海外進修的醫生及專業醫護人員，學習最新的醫療技術，以惠及香港的風濕病患者。另外，基金會亦與學會緊密合作，推展病人及公眾教育工作。

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

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

香港有不少風濕科病人自助組織。基金會多年來與各風濕科病人自助組織保持緊密聯繫，共同協作舉辦公眾教育活動。香港強脊會、毅希會、銀屑護關會及少青風協會的職員現在基金會會址辦公。另外，基金會亦會在網頁及面書協助宣傳各病人自助組織舉辦的活動。

Lupus Facebook Campaign 「與蝶共舞・樂對紅斑狼瘡」活動

In response to World Lupus Day on 10 May, the Foundation and Hong Kong Lupus Association co-organized a Facebook promotion campaign from 10 May to 16 June. A group of medical staff, rheumatology patients, and artists were invited to take a photo with a purple umbrella which was specially designed for the event. The photos were posted to ours and patient groups' Facebook pages. We aimed to convey the correct message and raise public awareness of Systemic Lupus Erythematosus.

為響應每年 5 月 10 日的世界狼瘡日，香港風濕病基金會聯同樂晞會（系統性紅斑狼瘡症患者自助組織）合辦了一次面書推廣活動。活動於 5 月 10 日至 6 月 16 日舉辦，期間邀請了一眾風濕科醫護人員、風濕科病友及藝人手持特別為是次活動設計的紫色雨傘拍照，並刊登於基金會及病友組織的面書，希望能藉此向公眾傳遞正確的病科資訊，並喚起公眾對紅斑狼瘡症的關注。



Scleroderma Patient Group 硬皮症病友小組

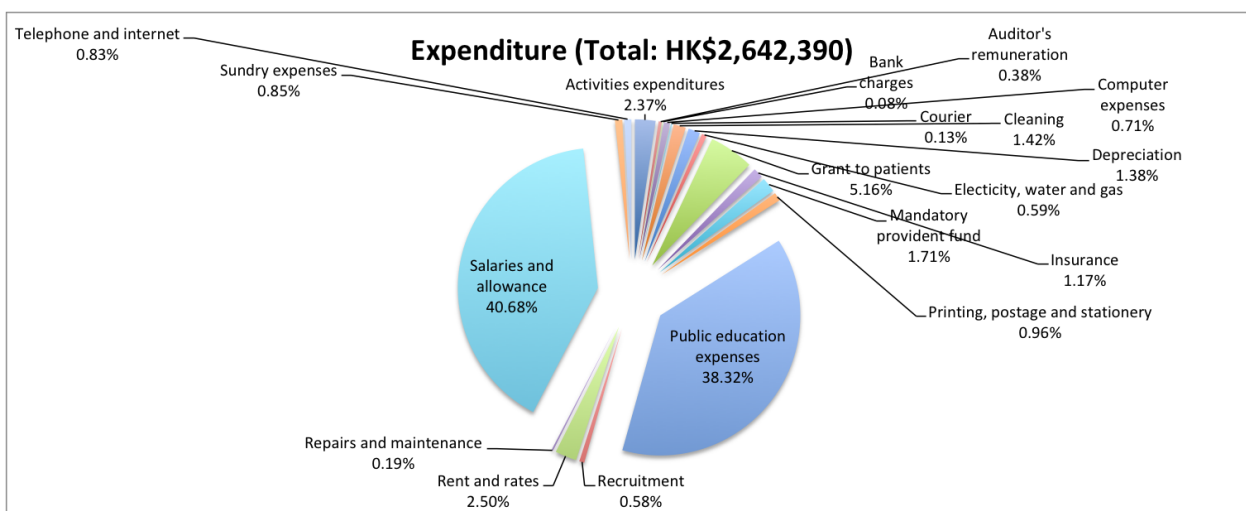
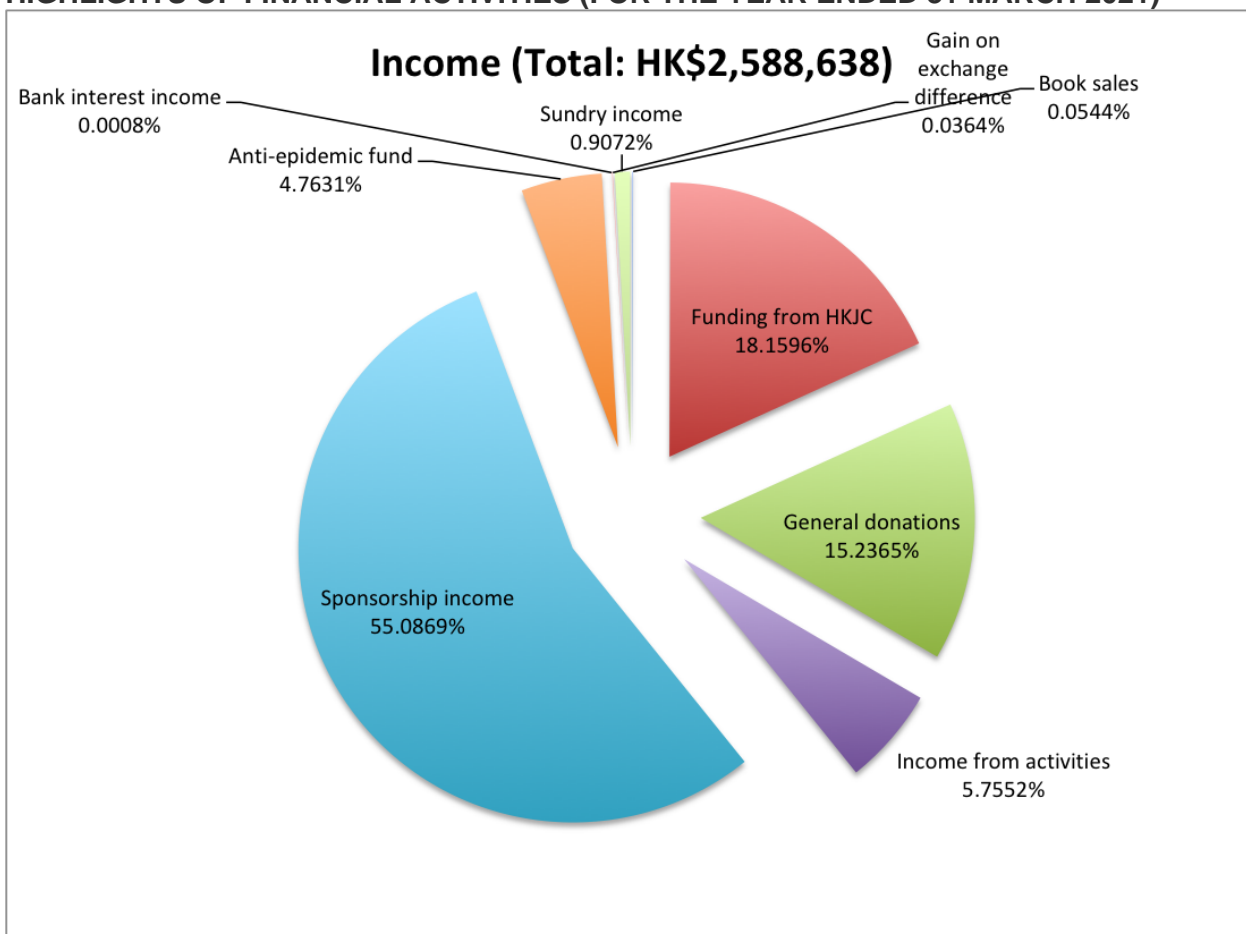
A total of 22 patients were recruited to join the patient group this year. Pregroup meetings were organized. 19 patients joined the online meetings to share their expectations. The Hong Kong Society for Rehabilitation will offer support to the group's development. The Foundation will be responsible for providing lectures and related support to the group.

Scleroderma self-management course was held in December 2020. The first patient group meeting will be held in April 2021.

本年共招募了 22 名硬皮症病友加入小組，其中 19 名參與了線上會議，以了解自己對參與小組的期望。香港復康會支援小組將協助小組的發展，而基金會則將負責提供講座及相關支援。硬皮症自我管理課程已於 2020 年 12 月開始。第一次的硬皮症病友小組聚會將於 2021 年 4 月舉行。

FINANCIAL REPORT

HIGHLIGHTS OF FINANCIAL ACTIVITIES (FOR THE YEAR ENDED 31 MARCH 2021)



* For salaries, 63% was supported by JC (HK\$673,927.10 out of HK\$1,073,243).

For public education expenses, more than 94% was sponsored items. Details as below-

	<u>2021</u> <u>(Sponsored</u> <u>items)</u>	<u>2021</u>
	HK\$	HK\$
<u>Public education expenses</u>		
Printing newsletters		17,600.00
Printing educational leaflets		
Gout leaflet		9,000.00
Printing leaflets and posters		6,300.00
Postage of educational leaflets		22,932.50
Publish educational posts on social media		
Facebook page management	176,000.00	
Facebook - SLE Social Media Campaign	262,600.00	
HK Economic Times and TOPick video shooting	458,000.00	
SkyPost column writing	60,000.00	956,600.00
		<u>1,012,432.50</u>

STATEMENT OF PROFIT/LOSS AND OTHER COMPREHENSIVE INCOME
(FOR THE YEAR ENDED 31 MARCH 2021)

	2020/21	2019/20
	HKD	HKD
Income		
Book sales	1,408	16,056
Funding from HKJC	470,086	-
General donations	394,418	864,754
Income from activities	148,980	470,785
Sponsorship income	1,426,000	215,000
Other income		
Anti-epidemic fund	123,300	
Bank interest income	21	35
Gain on exchange difference	942	-
Sundry income	23,483	34,818
	2,588,638	1,601,448
Activities expenditure	(62,715)	(555,284)
Administrative expenses		
Auditor's remuneration	10,000	10,000
Bank charges	2,102	1,100
Computer expenses	18,682	18,197
Courier	3,542	3,500
Cleaning	37,450	29,400
Depreciation	36,375	17,060
Electricity, water and gas	15,571	15,321
Exchange Difference	-	780
Grant to patients	136,328	217,843
Insurance	30,796	15,117
Legal and professional fee	-	4,000
Mandatory provident fund	45,283	31,804
Printing, postage and stationery	25,397	27,194
Public education expenses	1,012,433	173,483
Recruitment	15,456	2,464
Rent and rates	66,000	199,255
Repairs and maintenance	5,060	9,918
Salaries and allowance	1,074,923	664,139
Sundry expenses	22,450	19,410
Travelling	-	612
Telephone and internet	21,828	15,083
	(2,579,675)	(1,475,680)
SURPLUS / DEFICIT FOR THE YEAR	(53,752)	(429,516)

LOOKING AHEAD 展望將來

When we look back over the past year, it feels as if the year has flown by. The Foundation has always maintained our greatest attribute to pull together as a team for arthritis patients. We would like to thank the Hong Kong Jockey Club Charities Trust for the grant we received to empower our patients. Thank you to our staff, collaborators, and volunteers for the unwavering support. The team would continue to show dedication and agility for the arthritis patients.

當我們回顧過去一年時，感覺好像這一年轉瞬已過。基金會團結各界友好，為風濕科病人服務。我們由衷感謝香港賽馬會慈善信託基金給予我們的資助，讓我們得以為病人做得更多。同時亦十分感謝我們的團隊、合作夥伴與義工的支持。團隊將繼續為風濕科病人盡心，並靈活求變。

APPENDIX

LIST OF ACTIVITIES 2020/21

Date	Event	Committee
1 April 2020	Occupational Therapy Consultation	Patient Support Committee
29 June 2020	Educational Online Talk- Scleroderma and Related Pulmonary Complications Speakers: Dr. MA Kai Yiu and Ms. KWOK Suet Kei Gladys No. of engagements: 817 No. of views: 1,684	Education Committee
1 July 2020	Newsletter – Arthritis Care Vol. 31 No. of issues: 5,000	HKARF
1 August 2020	Jockey Club Rheumatic Patient Rehabilitation and Education Programme Started	Education Committee
27 August 2020	Educational Online Talk- Self-management Under the Pandemic Speaker: Dr. LEE Ka Wing Gavin No. of engagements: 1,016 No. of views: 10,920	Education Committee
1 October 2020	Jockey Club Community Sustainability Fund Rheumatic Disease Online Education Programme Started	Education Committee
11 October 2020	The Hold Breath Challenge	Finance & Fundraising Committee
11 October 2020	International Rheumatology Day Online Carnival 2020	Education Committee
28 October 2020	Educational Online Talk- Psoriatic Arthritis Features and Related Disorders Speaker: Dr. LAI Tin Lok No. of engagements: 497 No. of views: 14,129	Education Committee
11 November 2020	Physiotherapy Programme started (physical class)	Patient Support Committee

13 November 2020	Online Physiotherapy Programme started	Patient Support Committee
1 December 2020	CHARM Vol. 14 publication No. of issues: 1,000	Scientific Committee
5 December 2020	Jockey Club Community Sustainability Fund Rheumatologic Disease Online Education Programme Educational Online Talk- Know More About Myositis Antibodies and Muscle Exercise Speakers: Dr. SO Ho and Dr. KWOK Wai Leung No. of engagements: 802 No. of views: 6,641	Education Committee
1 January 2021	Newsletter – Arthritis Care Vol. 32 No. of issues: 4,000	HKARF
2 January 2021	Jockey Club Community Sustainability Fund Rheumatologic Disease Online Education Programme Educational Online Talk- Sjogren's Syndrome and Eye Problems of Sjogren's Syndrome Speakers: Dr. NG Sin Ngai Ray and Dr. LI Yuen Mei Emmy No. of engagements: 1,127 No. of views: 1,878	Education Committee
4 January 2021	SkyPost Medical Column Published 10 educational articles	Education Committee
11 January 2021	TOPick Video Series on RA 11 short educational films Published in TOPick and to Facebook	Education Committee
16 January 2021	Educational Online Talk- Scleroderma Winter Challenge Speaker: Dr. YEUNG Wan Yin No. of engagements: 1,032 No. of views: 751	Education Committee
30 January 2021	Jockey Club Community Sustainability Fund Rheumatologic Disease Online Education Programme Educational Online Talk- Juvenile Idiopathic Arthritis Speaker: Dr. CHEONG Kai Ning No. of engagements: 1,544 No. of views: 1,920	Education Committee

27 February 2021	<p>Jockey Club Community Sustainability Fund Rheumatologic Disease Online Education Programme</p> <p>Educational Online Talk-</p> <p>New Coronavirus Pneumonia, Vaccination and Joint Care for Rheumatoid Arthritis Patients</p> <p>Speakers: Dr. YU Ka Lung Carrel and Prof. LI TSANG Wai Ping</p> <p>No. of engagements: 662</p> <p>No. of views: 2,161</p>	Education Committee
10 March 2021	<p>Educational Online Talk-</p> <p>Ankylosing Spondylitis</p> <p>Speaker: Dr. CHUNG Ho Yin</p> <p>No. of engagements: 743</p> <p>No. of views: 2,294</p>	Education Committee
27 March 2021	<p>Jockey Club Community Sustainability Fund Rheumatologic Disease Online Education Programme</p> <p>Educational Online Talk-</p> <p>Treatment of Systemic Lupus Erythematosus and Personal Care Under Pandemic Situation</p> <p>Speakers: Dr. YUEN Ka Yan Catherine and Ms. KWOK Suet Kei Gladys</p> <p>No. of engagements: 875</p> <p>No. of views: 4,179</p>	Education Committee

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