



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

Annual Report

周年報告

2021/22

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
2022)

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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 the 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

In the midst of the COVID-19 pandemic from 2021 to 2022, society faced many challenges. For rheumatology patients, patient self-help groups, healthcare professionals, and Hong Kong Arthritis and Rheumatism Foundation, it was also a challenging year. Due to the impact of the fifth wave of the COVID-19 pandemic, the Foundation organized self-management and physical therapy exercise programmes in a blended learning mode to enable patients to continue managing their diseases and building exercise habits during the pandemic. We sincerely thank the donations from Jockey Club Community Sustainability Fund, which enabled us to successfully organize 7 Facebook lives as part of our online rheumatic disease education program. Along with other Facebook lives held throughout the year, we successfully organized a total of 16 educational lives. I am deeply grateful for the contributions of our committee members, colleagues, digital media volunteer team, and rheumatology healthcare professionals who continued to work tirelessly during these difficult times to achieve the Foundation's vision of providing comprehensive assistance to rheumatic patients.

2021 was a challenging yet meaningful year for the foundation, as it marked our 20th anniversary in October 2021. To celebrate this special occasion, we held a Charity Gala at Hong Kong Arts Centre Shouson Theatre. The event was attended by Dr. Ko, Pat Sing Tony, the Chief Executive of Hospital Authority, and featured performances by many renowned singers to raise funds for the Foundation. The evening also included a segment for the viewing of rheumatoid arthritis and ankylosing spondylitis micro-films. I would like to take this opportunity to thank all the generous donors and friends from all walks of life who helped us smoothly plan and execute the event.

Even during the pandemic, the Foundation continued to deepen its cooperation with various sectors of the society. We co-organized 2 seasonal educational seminars on pain management with the Metropolitan University and the Hong Kong Society for Rehabilitation Community Rehabilitation Network. Additionally, thanks to support from Jockey Club Rheumatic Patient Rehabilitation and Education Programme, the Foundation held the "Experience, Learn and Serve" Rheumatic Community Exhibition in various districts, allowing the public to understand the needs of rheumatic patients through various sensory experiences and to learn more about the services provided by rheumatic patient self-help groups rooted in the community. We were delighted to see more friendly and close exchanges among one other.

In the future, the Foundation will continue to support patients, education, and academic exchanges in rheumatology, and to walk alongside rheumatology patients towards a brighter future.

Dr. LEE Ka Wing Gavin

Chairman

Hong Kong Arthritis & Rheumatism Foundation Ltd.

主席的話

2021至2022年度在新型冠狀病毒的陰霾下，社會面臨疫情的挑戰，對風濕科病人、病人組織、醫護，以及香港風濕病基金會而言，也是充滿挑戰的一年。受到第五波新冠疫情影響，基金會為讓病人們能於疫情下繼續保持管理疾病及運動的習慣，自我管理課程及物理治療運動課程以混合模式教學。我們由衷感謝賽馬會社區持續抗疫基金的捐贈，使風濕病網上教育計劃得以順利推展，共舉辦了7場直播講座。連同其他季度之直播講座，我們共成功舉辦了16場直播講座。我十分感謝各委員、同事、媒體義工團隊及風濕科醫護人員的付出，在艱難的時刻依舊緊守崗位，共同成就基金會為風濕科病患者提供全面援助之願景。

2021年是艱巨的一年，亦是對基金會饒見意義的一年。2021年10月為基金會踏入20週年的日子。基金會於此特別的日子假香港藝術中心壽臣劇院，舉辦風濕微電影暨懷舊金曲慈善晚會，邀得醫院管理局行政總裁高拔陞醫生蒞臨主禮，以及多位殿堂級歌手獻唱，為基金會籌款。晚會亦設有類風濕性關節炎和強直性脊柱炎微電影欣賞環節。我藉此機會感謝各善長人翁的慷慨解囊及各界友好的鼎力襄助，讓我們無論在構思、計劃至推展階段均順利無阻。

基金會於疫情稍緩時亦不懈深化與社會各界的合作。我們與都會大學及香港復康會社區復康網絡合辦了共2場以痛症為主題的季度教育講座。此外，承蒙香港賽馬會慈善信託基金賽馬會風濕病患者復康及教育計劃的捐助，基金會於港九各區舉行了「親歷·親為」認識風濕社區展覽，讓公眾透過視、觸、聽等感官了解風濕科病人的需要，以及了解更多紮根社會的風濕科病人組織之服務。我們樂見相互的面孔，有更親切緊密的交流。

未來，基金會將繼續矢志藉病人支援、教育及學術交流等，與風濕科病友並肩前行。

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

陳書琴女士

Ms. CHAU Mabel (Hong Kong Society for Rehabilitation)

周敏姬女士

Mr. CHENG Woon Sun Johnny

鄭煥新先生

Mrs. CHEUK AU Ching Mei Corona (Hanvey Group Holdings Limited)

卓歐靜美女士

Mr. CHEUNG Wai Leung Benny (Hong Kong Society for Rehabilitation)

張偉良先生

Prof. CHIU Peter (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. 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 (Hong Kong Children's Hospital)

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 (People Service Centre Limited)

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 (Rheumatologist)

李家榮醫生

Vice-Chairman 副主席

Mr. CHAN Kar Lok Thomas (Essence International Financial Holdings Ltd.)

陳家樂先生

Dr. NG Kam Hung Daniel (Stepped down in April 2022)

吳錦鴻醫生

Dr. TO Chi Hung (Rheumatologist) (Nominated at the 20th AGM)

陶志雄醫生

Hon Secretary 義務秘書

Ms. LEUNG Yee Mei Christine (Senior Social Worker)

梁綺薇女士

Hon Treasurer 義務司庫Dr. TANG Siu Fan Lorraine (Department of Childcare,
Elderly and Community Services, Hong Kong Institute of Vocational
Education)

鄧紹芬博士

Hon Legal Advisor 義務法律顧問Ms. CHEUNG Wai Han Elsa (Stepped down after the 20th AGM)

張惠嫻律師

Mr. YAN Chuek Ning Sherman (Nominated at the 20th AGM)

甄灼寧律師

Executive Committee Members 執行委員會成員

Dr. CHAN Tak Hin (Rheumatologist)

陳德顯醫生

Ms. CHENG Pauline (Hong Kong Glaucoma Patients' Association)

鄭寶花女士

Mr. HO On Tat Andy, JP (Resigned in May 2021)

何安達先生

Ms. KWAN Cheuk Yin Jackie (The Hong Kong Society for
Rehabilitation Community Rehabilitation Network)

關卓妍女士

Ms. KWOK Suet Kei Gladys (Rheumatology Nurse, Grantham Hospital)

郭雪琪姑娘

Mr. KWOK Wai Leung Stanley (Stepped down after the 20th AGM)

郭偉良先生

Dr. LEE Ka Yan David, BBS, MH, OStJ, JP (Pediatrician)

李家仁醫生

Prof. LI TSANG Wai Ping Cecilia (Occupational Therapist)

李曾慧平教授

Dr. MA Kai Yiu (Rheumatologist) (Nominated at the 20th AGM)

馬繼耀醫生

Dr. MOK Mo Yin Temy (Rheumatologist, City University of Hong Kong)

莫慕賢醫生

Mr. SHIU Ka Yue (CorporateLink Limited) (Nominated at the 20th AGM)

蕭嘉裕先生

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. LEUNG Anissa
 Ms. KWOK Yin Yee
 Ms. NG Mei Sum
 Ms. YU Judy
 Dr. YU Ka Lung Carrel

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
 梁淑賢女士
 郭燕儀女士
 吳美心女士
 余燕麗姑娘
 余嘉龍醫生

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 Lam
 Ms. WONG Sai Ha
 Ms. WONG Yee Man Diana
 Dr. YIM Cheuk Wan

吳錦鴻醫生
 陳德顯醫生
 趙迪芬女士
 關卓妍女士
 梁綺薇女士
 黃馮玉棠女士
 黃金鳳女士
 黃琳女士
 黃世霞女士
 黃綺雯女士
 嚴卓雲醫生

Scientific Committee 科學委員會

Convener 召集人: Dr. MOK Mo Yin Temy
 Members 委員: Dr. CHEUNG Man Hong Steve
 Prof. LI TSANG Wai Ping Cecilia
 Mr. MA Chun Ho Oliver
 Dr. TSANG Hoi Lun Helen
 Ms. WONG Kit Yee Lavinia
 Ms. YIP Ka Huen

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

Finance & Fundraising Committee 財務及籌募委員會

Convenors 召集人: Mr. CHAN Kar Lok
 Dr. TANG Siu Fan Lorraine
 Members 委員: Dr. CHAN Tak Hin
 Ms. CHENG Pauline
 Mr. HO Andy (Resigned in May 2021)
 Mr. KWOK Stanley (Stepped down after the 20th AGM)
 Dr. LEE Ka Yan David
 Dr. NG Kam Hung Daniel (Stepped down in April 2022)
 Mr. SHIU Ka Yue (CorporateLink Limited) (Nominated at the 20th AGM)
 Mr. YAN Chuek Ning Sherman (Nominated at the 20th AGM)

陳家樂先生
 鄧紹芬博士
 陳德顯醫生
 鄭寶花女士
 何安達先生
 郭偉良先生
 李家仁醫生
 吳錦鴻醫生
 蕭嘉裕先生
 甄灼寧律師

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。



ACTIVITIES UNDERTAKEN AND RESULTS ACHIEVED 活動回顧

EDUCATION COMMITTEE 健康教育委員會

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

Since the launch of the three-year Jockey Club Rheumatic Patient Rehabilitation and Education programme in August 2020, the services have been affected by the COVID-19 pandemic. Physical activities were temporarily suspended and only online courses were available. Starting from April 2021, physical courses such as physiotherapy exercise classes, peer coach training, and rheumatic community exhibitions had resumed. However, due to the epidemic prevention policies, public hospitals hydrotherapy pools were closed and hydrotherapy classes could not be provided this year.

為期三年的「賽馬會風濕病患者復康及教育計劃」自 2020 年 8 月推行以來，各項服務受到新冠疫情的影響，實體活動須暫停，只維持網上課程。踏入 2021 年 4 月，實體課程陸續恢復，包括物理治療運動班、朋輩導師訓練及風濕病社區展覽。然而，公立醫院水療池因防疫政策而暫停開放，以致基金會於本年度未能為風濕科病人提供水療課程。

Jockey Club Project Kick Off Ceremony Cum Media Interview

「賽馬會風濕病患者復康及教育計劃」啟動禮暨傳媒訪問



The Jockey Club Rheumatic Patient Rehabilitation and Education Programme Kick Off Ceremony Cum Media Interview was held on August 17 2021. The purpose of the event was to recognize the support of the Hong Kong Society for Rehabilitation Community Rehabilitation Network and the 8 patient self-help groups. The media interview was held with speakers including the convener of the Foundation's Education Subcommittee, Dr. Ma, Kai You, the Executive Officer of the Foundation

Ms. Leung, Yan Laam and Senior Social Worker of Hong Kong Society for Rehabilitation Community Rehabilitation Network Ms. Lau, So King, and Scleroderma patient Ms. Zhou, Xiaoqi. The sharing content included disease management skills and effects. Ms. Zhou shared her patient story, art journey and experience after taking the self-management programme. We invited multiple media organizations to attend the ceremony and it was reported in a number of newspapers and online media, widened and deepened the community's understanding of disease management.

「賽馬會風濕病患者復康及教育計劃」啟動禮暨傳媒訪問於 2021 年 8 月 17 日順利舉行。基金會借此機會答謝香港復康會社區復康網絡及 8 個風濕病科病友組織及小組對計劃的支持。在典禮後舉行的傳媒訪問，主講者包括基金會健康教育委員會主席馬繼耀醫生、香港風濕病基金會行政主任梁欣嵐小姐及香港復康會社區復康網絡資深社工劉素琮姑娘，其中分享内容涵蓋風濕病對病患的影響及其治療方法。硬皮症患者周曉琪小姐則分享其患病經歷及參與關節我自理課程與藝術創作的感受。啟動禮暨傳媒訪問邀得多間傳媒出席採訪，並於多份報章及網上媒體報導，加深了社區人士對疾病管理的認識。



Peer Coach Training Programme

「風之友伴友啟航」朋輩導師訓練計劃

The Peer Coach Training Programme was divided into 3 parts, including Unit 1 Peer Coach Training, Unit 2 Coaching Skills Training Day Camp, and Unit 3 Self-management Skills and Activity Design. A total of 44 volunteers participated in the programmes.

Coaching Skills Training Day Camp

朋輩輔導技巧訓練日營

Coaching Skills Training Day Camp was held on July 4 2021 in Breakthrough Youth Village in Sha Tin, hosted by Senior Social Worker of Hong Kong Society for Rehabilitation Community Rehabilitation Network Ms. Lau, So King. The content included counseling skills, experiential games, and role playing games. In addition, there were 2 related counselling skills courses held in November 2021 which involved in-depth discussions and understanding on the related topics. A total of 21 volunteers participated in the training.

朋輩導師輔導訓練於本年度進行了 3 部分的單元課程，分別為單元一 PSMP 導師組長課程、單元二朋輩輔導技巧訓練日營及督導，以及單元三活動設計及自我管理技巧課程。參與義工人數共 44 人。

輔導技巧訓練日營於 2021 年 7 月 4 日(星期日)於沙田突破青年村舉行。日營由香港復康會資深社工劉素琮姑娘主持，教授內容包括輔導技巧、體驗遊戲及角色扮演等。除兩節的訓練課程外，於 2021 年 11 月進行之 2 節督導課程則涵蓋到進階的輔導技巧。全期參與義工人數共 21 人。

Activity Design and Self-management Skills Training

活動設計及自我管理技巧課程

The series of courses provided patient volunteers with diverse activity design and self-management skills training that are applicable to patient self-help groups' and the Foundation's activities preparations. The training programme included both compulsory and elective courses.

The compulsory course was provided by Agency for Volunteer Service that offered volunteer leaders development, activity design, and implementation skills trainings to volunteers. Elective courses were held by Hong Kong Institute of Vocational Education (Sha Tin). Courses included mindfulness, art therapy, and positive psychology sessions. In addition, volunteers could also choose other training sessions, such as online live broadcast design and skills for live hosts.

Volunteers who had completed Unit 2 Coaching Skills Training Day Camp would be arranged to engage in volunteer work in patient groups and at the Foundation. Those who had completed Unit 3 Self-management Skills and Activity Design would not only engage in volunteer work but can also continue to join other related trainings. A total of 29 volunteers joined the programme.

此系列的課程為病友義工提供適用於病友組織及基金會活動的多元活動設計及自我管理技巧訓練，內容包括必修及選修課程。

必修課程由香港義務工作發展局提供義工領袖活動設計內容及技巧概論，令義工認識活動流程設計及推行技巧。而選修課程包括由香港專業教育學院推行的靜觀治療、藝術治療及正向心理學等。此外，義工亦可選擇參加網上直播設計及主持直播技巧等訓練課程。

已完成第二單元朋輩輔導篇之義工，將獲安排參與各病友組織關護服務或基金會的義工服務。已修畢第三單元活動設計及推行技巧篇之義工除了可協助基金會或病友組織協調各項活動外，亦可繼續參加其他相關的訓練項目。全期參與義工訓練的人數共 29 人。

Peer Leader Tutor Training Programme

朋輩導師組長課程

The training programme was to provide volunteers with the knowledge and skills to train and coach patients on self-management skills. Those who had completed the programme would become peer leaders. Due to the epidemic situation, the physical course was terminated and were replaced by online courses. A total of 6 volunteers attended the programme.

此課程為義工提供「關節我自理」的概論及技巧培訓，完成訓練後的義工將成為組長義工。惟因疫情關係，基金會未能為參加者提供實體課程，改以進行網上課程體驗。本期的參加人數共 6 人。

Community Exhibition

風濕病社區展覽

Rheumatism Community Exhibition was held in multiple locations in Hong Kong & Kowloon with the objective to increase public awareness of rheumatism. This year's "Power of Art" exhibition was held in September 2021 at the exhibition hall of the Hong Kong Cultural Center.

The objective on 4-day exhibition event was multi-facet. The exhibition presented the art pieces created by the patients showcasing their talents, how art therapy helped patients physically and emotionally through their individual journey and arousing public awareness on Rheumatism and the needs and care of the patients. The exhibition was organized by rheumatology patients, their families and self-help organizations and groups. Artists, Ms Zhou Ziaoqi, Ms. Liu Cheng Mui, and Kumiko Matsushima were also invited to participate and presented their work in the exhibition. The exhibited works included water color paintings, ink paintings, photography, scratch paintings, bonsai, origami, leather and handicrafts.

認識風濕病社區展覽於港九各區進行巡迴展覽，目的是喚起大眾對風濕病的關注。本年度舉辦的「風中情・藝力無疆」風濕病患者及家屬藝術作品展於 2021 年 9 月於尖沙咀文化中心大堂展覽廳展區舉行。

是次為期 4 天的展覽除了透過展覽展現病友的才藝，分享他們因參加藝術創作而得到自我治療的心路歷程外，亦希望借此機會提升大眾對風濕病的關注，並關懷病友的需要。作品展覽由風濕病患者、家屬及風濕病科自助組織及小組攜手籌辦。硬皮症病友周曉琪小姐、藝術家廖井梅女士及 Kumiko Matsushima 亦應邀參與展覽。展覽作品包括水彩畫、水墨畫、攝影照片、刮畫、盆景、摺紙、皮革及手工藝製作等。

Collaboration With the Hong Kong Society for Rehabilitation Community Rehabilitation Network

與香港復康會社區復康網絡的合作

We have a long term relationship with the Hong Kong Society for Rehabilitation Community Rehabilitation Network. We have jointly organized public education activities including education talks and Self Management training to rheumatic patients.

基金會長久以來與香港復康會社區復康網絡緊密合作，共同推動公眾教育活動，包括講座及風濕科自我管理課程，讓風濕病患者學習自我管理的技巧。

Arthritis Self-management Programme

「風濕・我自理」之「關節・我自理」自我管理課程

With the donation from Hong Kong Jockey Club Charities Trust, the Foundation have worked closely with Hong Kong Society for Rehabilitation Community Rehabilitation Network to organize the Rheumatic Patient Rehabilitation and Education Programme since August 2020. The physical classes in different centres provided patients with a better understanding of rheumatism, medications and precautions, pain relief and management, exercise plans, joint care, emotion management, and action plan set up, etc. Patients can practice and execute in their daily lives and learn to live with the disease.

In the financial year 2021-22, due to the pandemic, the Foundation shifted from physical classes to online classes partially. A total of 66 rheumatic patients participated. During the 4 sessions, participants received related information and had a better understanding on the importance of regular exercise and self-management.

自 2020 年 8 月起，基金會與香港復康會社區復康網絡攜手合作籌備由「賽馬會風濕病患者復康及教育計劃」資助的「風濕・我自理」之「關節・我自理」自我管理課程，每月在不同地區的中心舉辦實體課程，令病友正確認識風濕病、用藥須知、痛楚處理方法、運動計劃、關節保護、情緒管理，以及訂立行動計劃等，讓病友可於生活實踐所學，學習與病共存。

在 2021 至 22 年度，由於疫情反覆，部分課程改以網上授課，全年共 66 位風濕病患者參加課程。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。

Public Education Talks

公眾教育講座

The Foundation, Hong Kong Metropolitan University, formerly the Open University of Hong Kong, and the Hong Kong Society for Rehabilitation Community Rehabilitation Network co-organized 2 public seminars on body pain. 本年度基金會、香港都會大學(前香港公開大學)及香港復康會社區復康網絡合辦了共兩場公開講座，加深公眾對痛症的認識。

Back Pain 《都市痛症面面觀 – 背痛》講座

Date: 10 April 2021

Speakers: Prof. Lau, Chak Sing (Dean of the Li Ka Shing Faculty of Medicine and Chairman of the Board of the Li Ka Shing Faculty of Medicine) and Mr. Ng, Chun Ting Elton (Physiotherapist)

Venue: HKMU Jockey Club Institute of Healthcare

No. of peak views: 70

Knee Pain 《都市痛症面面觀 – 膝蓋疼痛》講座

Date: 4 September 2021

Speaker: Dr. Cheng, Hang Cheong (Orthopedist)

Venue: HKMU Jockey Club Institute of Healthcare

No. of peak views: 220

Jockey Club Community Sustainability Fund

Rheumatologic Diseases Online Education Programme

賽馬會社區持續抗逆基金 - 風濕病網上教育計劃「風濕情報站」

With the support of the Jockey Club Community Sustainability Fund, the Foundation and the patient groups, we had organized 7 Facebook lives from October 2020 to May 2021. Each episode focused on a different rheumatic disease, with rheumatologists' and rheumatology nurses' explanations on the issues that patients concern. Each live broadcast was coordinated by patient group volunteers. The team worked collaboratively to promote rheumatology information to the community. 5 of the 7 episodes were launched last year received great support from the patients. The last 2 episodes were organized in April and May of 2022 on the topics ankylosing spondylitis and psoriatic arthritis.

由賽馬會社區持續抗逆基金捐助，基金會與風濕科病友組織合作的風濕病網上教育計劃「風濕情報站」，由2020年10月至2021年5月期間共舉辦了7次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，每次直播均由病友組織義工擔當不同的工作崗位，協力將風濕病科資訊推廣至社區。上年度共舉辦了5次，得到病友們的鼎力支持，本年度團隊再接再厲，於4月及5月分別推出共兩節直播，主題分別為強直性脊椎炎及銀屑病關節炎。

2021/22

No. of Facebook lives 直播講座次數:	2
Total peak live viewers 總最高峰觀看人數:	142
No. of engagements 接觸人數:	1,054
No. of views 總觀看人數:	24,684

Topic of Talks 講座題目

- a) Treatments for Ankylosing Spondylitis and Efficient Stretching Exercises 《強直性脊椎炎治療新方向及高效伸展運動》

Date: 24 April 2021

Speakers: Dr. Chung, Ho Yin (Rheumatologist) and Ms. Wong, Kit Yee Lavin (Physiotherapist)

No. of engagements: 667

No. of views: 11,854

- b) Psoriatic Arthritis and COVID-19 Infection 《銀屑病關節炎與新冠肺炎的感染》

Date: 22 May 2021

Speakers: Dr. CHAN, Ka Yan Helen (Rheumatologist)

No. of engagements: 387

No. of views: 12,830

Rheumatic Disease Online Education Programme – Rheumatic Information Station

風濕病網上教育 - 風濕情報站

A new series of Rheumatic Disease Online Education Programme was launched since June 2021. 5 Facebook lives were organized. The series was co-organized by patient self-help groups and the Foundation. The covered topics were particularly relevant to patients with the related rheumatic diseases.

To continue with the features of the previous programme, each episode featured different rheumatology experts to discuss topics that rheumatic patients are interested. The episodes were also co-organized by different patient groups, supported by patient group volunteers participating in various roles to carry out the activities.

新一輯的「風濕情報站」由 2021 年 6 月起舉行了 5 場直播節目，節目主題由病友組織與基金會一起擬定，涵蓋的題目對風濕病患者尤其適切。

延續上一輯風濕情報站的特色，每集由不同的風濕科專家講解風濕病患者關注的議題，不同病友組織協辦，病友義工則擔任不同的工作崗位推行活動。

2021/22

No. of Facebook lives 直播講座次數:	5
No. of engagements 接觸人數:	1,932
No. of views 總觀看人數:	33,383

Topic of Talks 講座主題：

- a) Hair Problems in Rheumatology Patients 《風濕科病患常見的頭髮問題》
Date: 26 June 2021
Speakers: Dr. Chung, Man Ho
No. of engagements: 411
No. of views: 4,933
- b) Joint Replacement 《關節重生- 關節置換睇真啲》
Date: 28 August 2021
Speaker: Dr. Lee, Ka Wing Gavin (Rheumatologist) and Dr. Tang, Wai Man (Orthopedist)
No. of engagements: 507
No. of views: 14,494
- c) Rheumatism and Cardiovascular Disease 《風濕病與心血管疾病》
Date: 23 October 2021
Speaker: Dr. Cheung, Shing Him (Cardiologist)
No. of engagements: 264
No. of views: 7,914
- d) Rheumatism and Osteoporosis 《風濕病與骨質疏鬆》
Date: 18 December 2021
Speaker: Dr. Ho, Ling Yin and Mr. Mak, Chun Ho Tony (Physiotherapist)
No. of engagements: 192
No. of views: 4,174
- e) Oral Health of Rheumatic Patients 《風濕病患者的口腔健康》
Date: 12 March 2022
Speaker: Dr. Ng, Sin Ngai Ray (Rheumatologist) and Dr. Wan, Chi Ching Joan
No. of engagements: 558
No. of views: 1,868

Rheumatic Meeting Room 風濕會客室

HKARF holds online health education talks every season to increase public awareness of rheumatic diseases and provides patients with the correct information and knowledge on the related topics.

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。

2021/22

No. of Facebook lives 直播講座次數:	4
No. of engagements 接觸人數:	2,333
No. of views 總觀看講座人數:	31,701

Topics of Talk 講座主題：

- f) Vaccination Considerations for Patients With Psoriasis and Rheumatoid Arthritis 《新冠疫苗多面睇 - 銀屑病患者與風濕病關節炎患者的接種考慮》
Date: 12 April 2021
Speakers: Prof. Lau, Chak Sing (Dean of the Li Ka Shing Faculty of Medicine and Chairman of the Board of the Li Ka Shing Faculty of Medicine) and Dr. Ho, King Man (Dermatologist & Venereologist)
No. of engagements: 1,300
No. of views: 7,366
- g) Scleroderma With Pulmonary Fibrosis 《硬皮症併發肺纖維化》
Date: 24 June 2021
Speaker: Dr. Ma, Kai Yiu (Rheumatologist) and Mr. Wong, Chun Ho (Physiotherapist)
No. of engagements: 258
No. of views: 1,274
- h) Treatment Goals in Rheumatoid Arthritis 《類風濕性關節炎的治療目標》
Date: 28 September 2021
Speaker: Dr. Ng, Kam Hung (Rheumatologist)
No. of engagements: 512
No. of views: 17,586
- i) New Directions in the Treatment of Ankylosing Spondylitis 《強直性脊椎炎治療新方向》
Date: 22 January 2022
Speaker: Dr. Wu, Tsz Yuen (Rheumatologist)
No. of engagements: 263
No. of views: 5,475

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。



HKARF Facebook Page 香港風濕病基金會面書專頁

Facebook has become a major promotional platform for the Foundation's updates and activities. A total of 115 posts were published this year, with 28,231 hits/views. Contents covered include the Foundation's 20th anniversary series, service information, the latest updates on the COVID-19 vaccination, introduction to various rheumatic diseases, and joint care.

面書已成為宣傳基金會活動及風濕病科資訊的重要平台。本年度共發佈了 115 篇貼文，點擊或瀏覽次數為 32,001 次。涵蓋的內容包括基金會 20 周年系列、服務資訊、新冠疫苗最新資訊、各類風濕病介紹及關節保護等。

<u>Facebook post series</u>	<u>No. of posts</u>	<u>MM/YY</u>	<u>No. of clicks/actions</u>
<u>面書活動系列</u>	<u>貼文數目</u>	<u>月/年</u>	<u>點擊/瀏覽次數</u>
基金會 20 周年系列	5	10/2021	3,205
活動資訊	3	03/2021-09/2022	565
新冠疫苗最新資訊	15	04/2021-03/2022	5,435
強直性脊椎炎	6	04/2021-06/2021	2,699
硬皮症	2	04/2021	371
兒童風濕病	6	04/2021-05/2021	1,687
乾燥綜合症	10	05/2021-08/2021	2,160
關節的日常護理	4	05/2021	331
類風濕性關節炎	7	05/2021-12/2021	3,799
銀屑病關節炎	6	05/2021-06/2021	2,202
血管炎	6	06/2021-11/2021	612
皮膚炎及多肌炎	4	06/2021	261
頭髮健康	9	08/2021-03/2022	2,092
關節破壞原因及置換手術	7	09/2021-02/2022	2,142
心腦血管疾病	7	12/2021-03/2022	1,353
骨質疏鬆	7	01/2022-03/2022	2,078
骨關節炎的診斷及治療	5	03/2022	239
保護關節的原則	2	03/2022	97
系統性紅斑狼瘡症	4	04/2021-06/2021	673

Video Series on Arthritis Rheumatism 風濕關節炎短片系列

4 educational videos filmed by the HKARF were uploaded onto our Facebook page from October to November 2021 for 4 consecutive weeks. The videos featured the voices of 4 patients with different rheumatic diseases and shared their touching stories. These patients faced moments of hopelessness and despair during the treatment journey. With the support and encouragement from their friends and medical staff, they were able to overcome the difficulties & bravely faced their conditions. In addition, a group of rheumatology medical professionals were invited to share their knowledge about rheumatic diseases and their related complications.

香港風濕病基金會製作的 4 條教育短片，由 2021 年 10 月至 11 月一連四個星期於 Facebook 專頁上載。短片由 4 名患有不同風濕病的風之友聲音演繹個人的動人故事。他們在治療路上曾經遇到失望、氣餒的時候，可幸身邊的朋友及醫護人員給予她們最大的支持和勇氣，令他們能夠走出艱難困局，勇敢面對病情。同時基金會亦邀請了一眾風濕病科專科醫生分享疾病及相關併發症的知識。

Short Films 短片：

- a) 【吃着流淚】- 硬皮症 (長版本)
- b) 【硬皮症是場硬仗】- 硬皮症 (短片)
- c) 【與蝴蝶共舞】- 血斑狼瘡 (長版本)
- d) 【紅斑狼瘡的肺部併發症】- 血斑狼瘡 (短片)
- e) 【包剪掙】- 硬皮症 (長版本)
- f) 【不能輕視的硬皮症】- 硬皮症 (短片)
- g) 【尋夢記】- 類風濕性關節炎 (長版本)
- h) 【類風濕性關節炎，不只是關節痛的病症】- 類風濕性關節炎 (短片)

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 programmes 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>2020/21</u>	<u>2021/22</u>
Session 節數:	0	32
No. of patient sessions 人次:	0 (0 patient)	212 (57 patients)

OSC Programme - Hydrotherapy Class 1 April

2021 to 31 March 2022

Total no. of new referral cases: 22 (19)

Reasons for withdrawal: failed to provide a negative result for COVID-19.

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

4 exercise classes for patients with musculoskeletal disease are 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 diseases

對象：退化性關節炎及慢性風濕病患者

	<u>2020/21</u>	<u>2021/22</u>
Session 節數:	33	84
No. of patient sessions 人次:	140 (33 patients)	862 (181 patients)

JC - PT Exercise Class

1 April 2021 to 31 March 2022

Total no. of new referral cases: 72 (20)

2021/22 Online	No. of classes	Total no. of participants	New comers	Repeaters	No. of withdrawals
(2020)	1	(10)	(6)	(4)	(0)
2021 Zoom Phase 1	2	10	8	2	0
2021 Zoom Phase 2	2	12	10	2	1
2021 Zoom Phase 3	1	5	4	1	0
Total	5	27	22	5	1
2021/22 Face-to-face	No. of classes	Total no. of participants	New comers	Repeaters	No. of withdrawals
(2020)	4	(20)	(4)	(16)	(0)
Center Phase 1	4	14	3	11	1

Center Phase 2	4	19	7	12	0
Center Phase 3	3	16	4	12	0
Center Phase 4	3	17	5	12	0
Center Phase 5	3	22	9	13	1
Center Phase 6	3	22	5	17	0
Center Phase 7	2	12	0	12	0
Total	22	122	33	89	2
Wo Che Phase 1	1	5	5	0	0
Wo Che Phase 2	1	6	0	6	0
Kornhill Phase 1	2	8	8	0	0
Kornhill Phase 2	2	13	9	4	0
Total	6	32	22	10	0

Occupational Therapy 職業治療

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

由 2013 年起，職業治療師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: 2020/21 2021/22
2 0

1 April 2021 to 31 March 2022

Total no. of new referral cases: 2 (4)

Enrolled: 0 (2)

Withdrawn: 0 (0)

Total no. of sessions: 0 (2)

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)

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 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。

No. of applications approved 獲批申請: 2020/21 2021/22
48 36
No. of beneficiaries 受惠人數: 27 22
Average subsidy amount 平均資助額: HK\$4,528 per patient HK\$4,548 per patient
Total subsidy amount 總資助額: HK\$122,266.00 HK\$100,066.40

1 April 2021 to 31 March 2022:

Total no. of applications: 36 (49)*

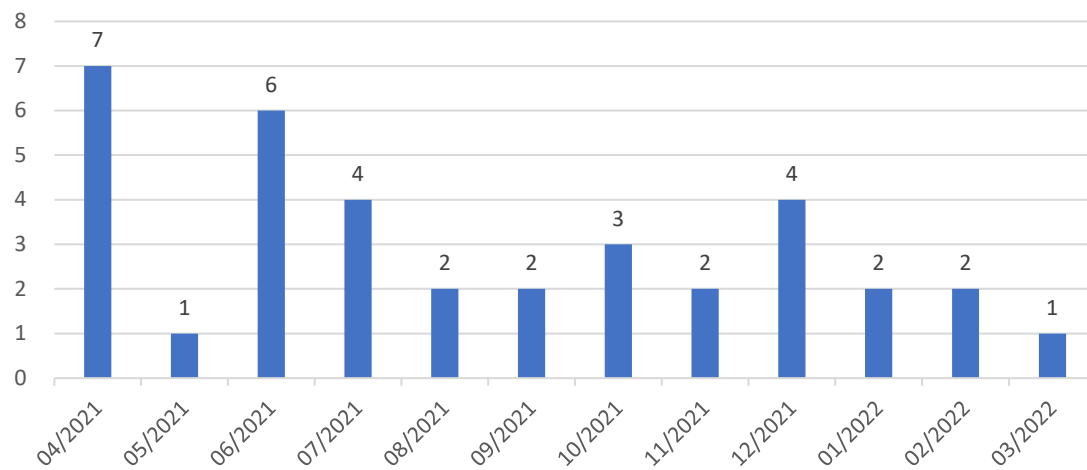
Approved: 36 (48)

Withdrew/Rejected: 0 (1)

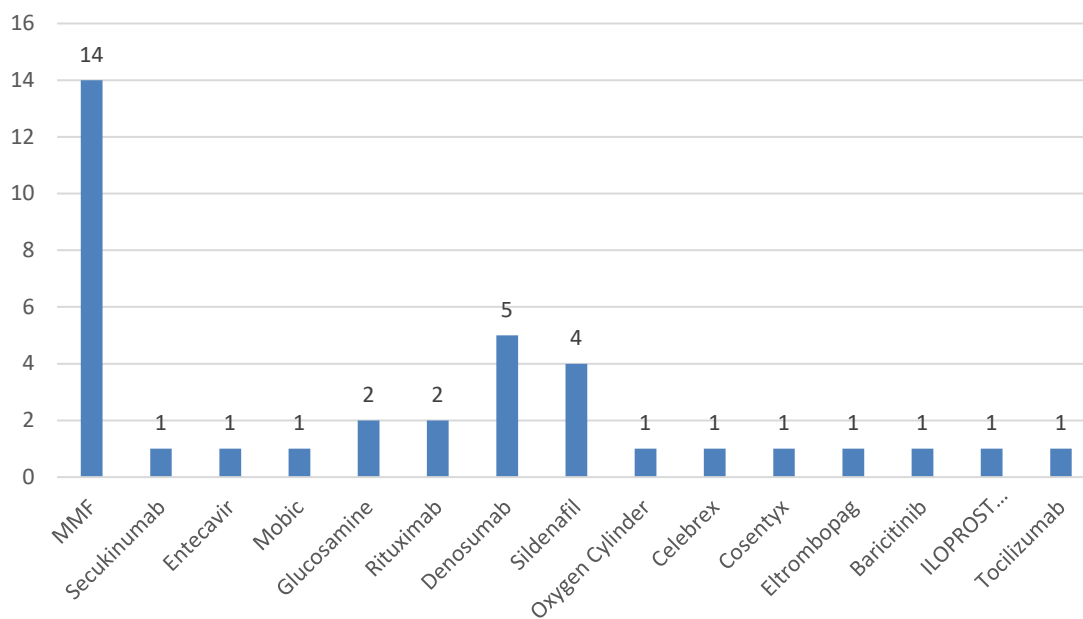
Total no. of patients benefited: 22 (including 5 new patients) (27, 7 new patients)

Total amount: HK\$100,066.40 (HK\$122,266.00)

Monthly distribution of PSF application



No. of subsidized medication / device



^ 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 crises 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>2020/21</u>	<u>2021/22</u>
No. of application approved 批核申請:	2	0
Total cost of subsidized medications 總支援藥物金額:	HK\$10,000	HK\$0

1 April 2021 to 31 March 2022:

Total no. of applications: 0 (4)

Approved: 0 (2)

Rejected: 0 (2)

Total amount: HK\$0 (HK\$10,000)

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>2020/21</u>	<u>2021/22</u>
No. of grant approved 已批資助數目:	0	0
No. of beneficiaries 受惠人數:	0	0
Total amount 總資助金額:	HK\$0	HK\$0

1 April 2021 to 31 March 2022:

Total no. of applications: 0 (0)

Approved: 0 (0)

Case No.	Association	Approved Date	Estimated no. of participants	Supported Amount
-			0	HK\$0 (HK\$0)

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

HKARF has been collaborating with pharmaceutical companies to subsidize patients to purchase self-financed expensive medications prescribed by doctors in Hospital Authority hospitals. Almost all 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>2020/21</u>	<u>2021/22</u>
No. of beneficiaries 受惠人數:	217	205
Total cost of subsidized medications 總支援藥物金額:	HK\$7,634,035	HK\$7,145,634

1 April 2021 to 31 March 2022:

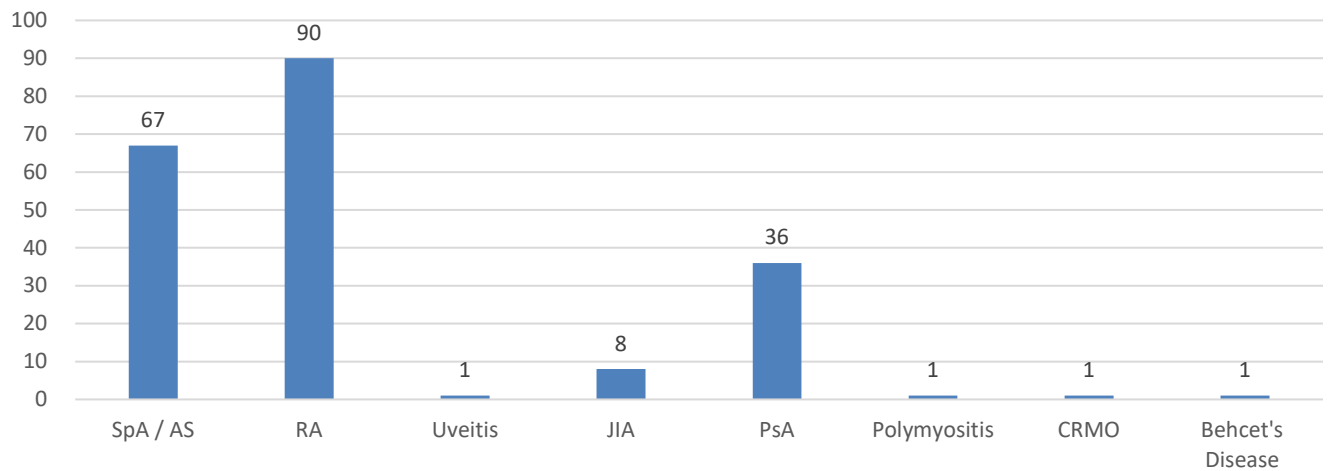
Total no. of applications: 205 (219)

Approved: 205 (217)

Withdrawn/Rejected: 0 (2)

Total no. of new applicants: 57 (103)

EDSS Applicants by disease classification



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)

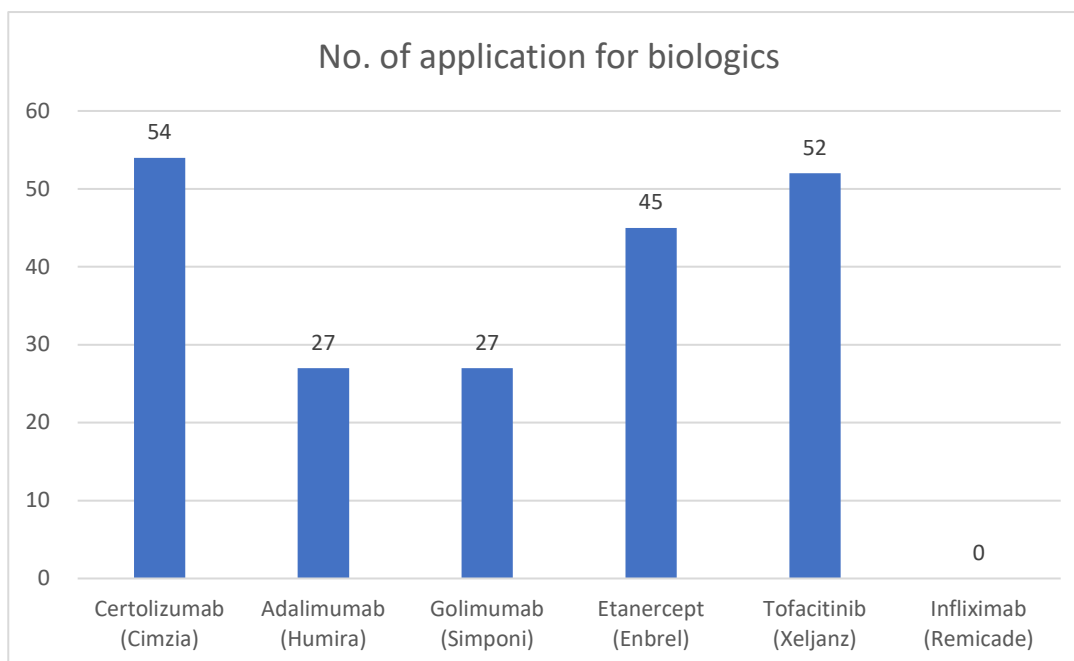
Uveitis (虹膜炎)

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)

CRMO Chronic recurrent multifocal osteomyelitis (慢性複發性多灶性骨髓炎)



Difficulty Level for Etanercept (Enbrel®)	
Level 1 (1+1)	41
Level 2 (2+1)	4
Total	45

Difficulty Level for Adalimumab (Humira®)	
Level 1 (1+1)	21
Level 2 (2+1)	2
Level 3 (3+1)	4
Total	27

Difficulty Level for Golimumab (Simponi®)	
Level 1 (1+1)	19
Level 2 (2+1)	6
Level 3 (3+1)	2
Total	27

Difficulty Level for Tofacitinib (Xeljanz®)	
Level 1 (2+1)	46
Level 2 (3+1)	6
Total	52

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

Difficulty Level for Certolizumab (Cimzia®)	
Level 1 (1+1)	45
Level 2 (2+1)	3
Level 3 (3+1)	6
Total	54

Patient Support Services 病患者支援服務**Arthritis Buddy Helpline 風知己朋輩熱線電話**

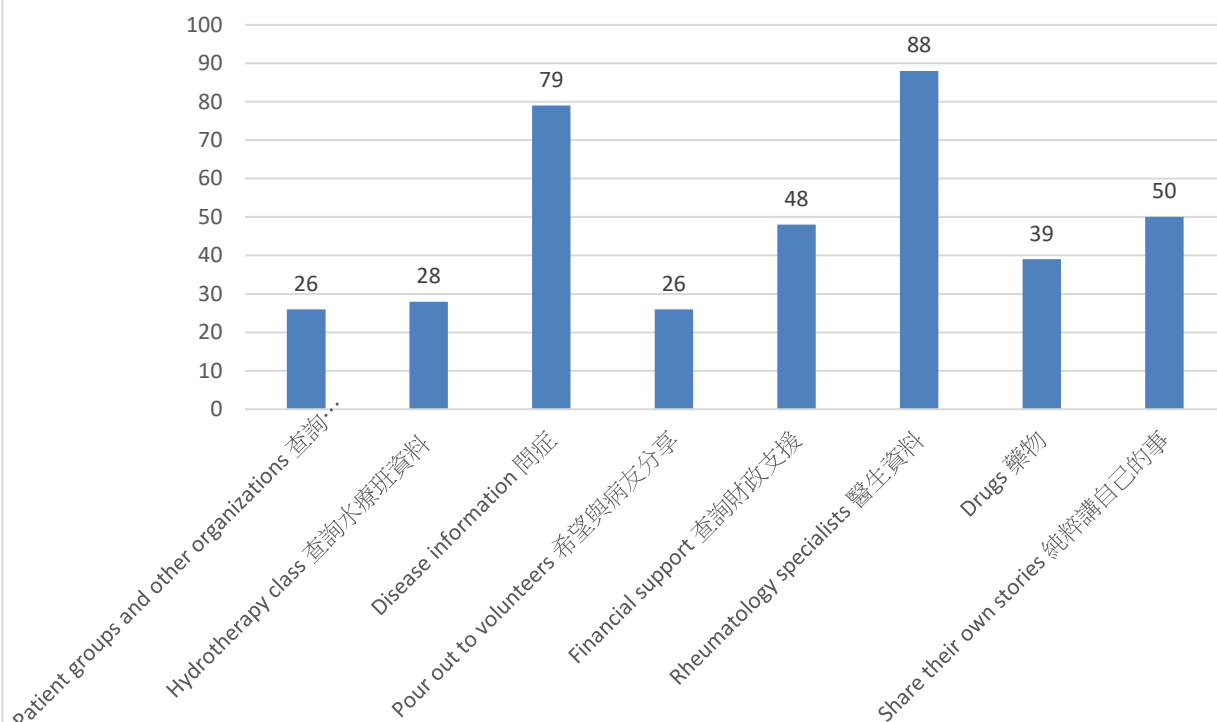
HKARF well-trained arthritis volunteers provide psychological and peer support for the patients 4 days a week — Tuesday to Friday from 2pm to 5pm. The majority of inquiries is disease information. 風知己朋輩熱線電話由已受專業培訓的風濕科病友義工接聽，服務逢星期二至五下午二時至五時 展開。來電者多查問病科資訊。

	<u>2020/21</u>	<u>2021/22</u>
No. of telephone inquiries 來電數目:	243	320

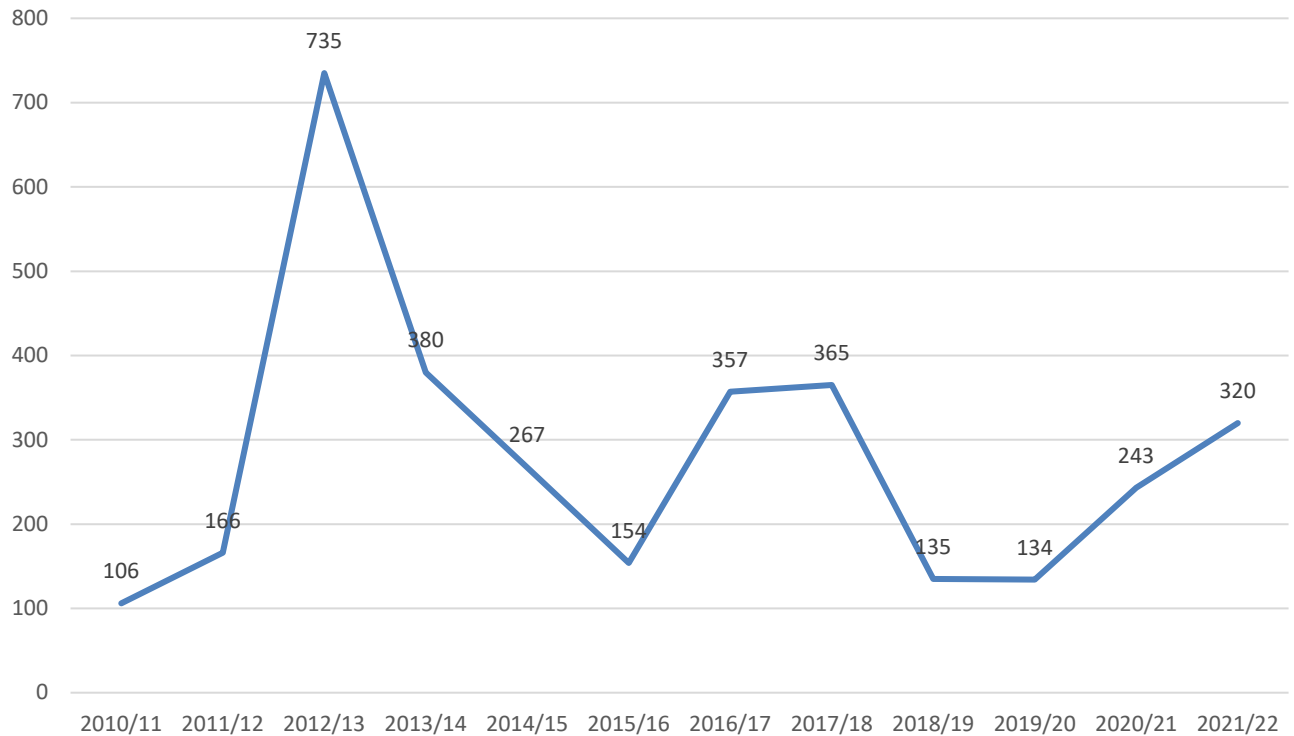
1 April 2021 to 31 March 2022:

	(2020/21)	2021/22 2346 6336 (office line)	2021/22 2346 2999 (Arthritis Buddy Helpline)	2021/22 Total
Total no. of incoming calls	(243)	183	137	320
Total minutes	(3,379 mins)	1,449.5 mins	2,271.5 mins	3,721 mins
Average duration of call	(13.9 mins)	7.92 mins	16.58 mins	11.63 mins

Type of Telephone Inquiries 查詢內容



No. Of Telephone Inquiries Over Years



Website Q & A, Email Enquiry, and Facebook Enquiry

Website Q & A (1 April 2021 to 31 March 2022):

Total no. of inquiries: 37 (38)

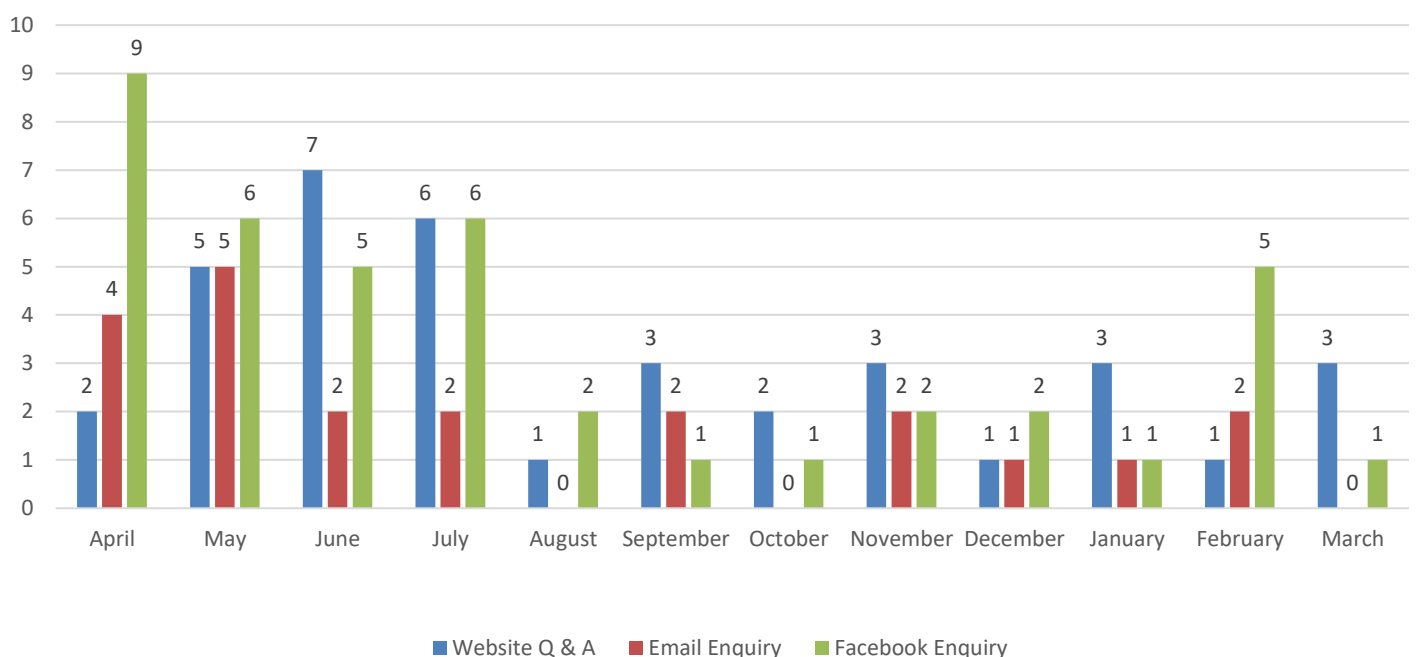
Email Enquiry (1 April 2021 to 31 March 2022):

Total no. of inquiries: 21 (8)

Facebook Enquiry (1 April 2021 to 31 March 2022):

Total no. of inquiries: 41 (42)

Monthly distribution of enquiry



SCIENTIFIC COMMITTEE 科學委員會

1) HKARF/HKSR Scholarship

HKARF/HKSR Scholarship was provided by the 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, and 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 2021/22.

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 was launched in February 2009. There are multiple 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. 15 was published in August 2021 and the topic was on Patient Management During COVID-19. 1,000 copies were printed.

3) Multidisciplinary Educational Talk

Hong Kong Arthritis & Rheumatism Foundation Limited, City University of Hong Kong, Hong Kong College of Medical Nursing, and the University of Hong Kong Bachelor of Chinese Medicine (Full-time) Alumni Association co-organized a Multidisciplinary Educational Talk on September 4 2021. The topic was Pearls in the Management of Rheumatic Patients in the Pandemic of COVID-19. It was honored to invite Dr. Mok, Mo Yin Temy, Mr. Lee, Pak Hei Timothy, Miss KY Wong Lavinia, Dr. Yip, Ka Huen, Prof. Cecilia Li, Dr. Chan, Kui Michael, Ms. Chu, Yuen Ting Cody as speakers for the talk. Healthcare professionals engaged in the management of patients with rheumatic diseases were welcome to join. In this year, the talk was organized virtually and was free of charge. 139 participants including rheumatologists, nurses, Chinese medicine practitioners, physiotherapists, and occupational therapists attended.

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
	Eli Lilly Asia, Inc.	美國禮來亞洲公司
	Essence International Financial Holdings Ltd.	安信國際金融控股有限公司
	Fresenius Kabi Hong Kong	費森尤斯卡比
	GSK Limited	葛蘭素史克有限公司
	Hong Kong Society of Rheumatology	香港風濕病學學會
	Novartis Pharmaceuticals (HK) Ltd.	瑞士諾華製藥(香港)有限公司
	SOGO Hong Kong Co. Ltd.	崇光(香港)百貨有限公司
Silver Sponsorship 銀贊助	AbbVie Limited	艾伯維
	Dr. Lee, Ka Wing Gavin	李家榮醫生
	Eli Lilly Asia, Inc.	美國禮來亞洲公司
	Hong Kong Society of Rheumatology	香港風濕病學學會
	Janssen, a division of Johnson & Johnson (HK) Ltd.	楊森大藥廠
	Mr. CHAN Kar Lok	陳家樂先生
	Ms. CHAN King Chu	陳琮珠女士
	Novartis Pharmaceuticals (HK) Ltd.	瑞士諾華製藥(香港)有限公司
	Pfizer Corporation Hong Kong Ltd.	美國輝瑞科研製藥有限公司
	SOGO Hong Kong Co. Ltd.	崇光(香港)百貨有限公司
Copper Sponsorship 銅贊助	AbbVie Limited	艾伯維
	Amgen Hong Kong Limited	安進香港
	GSK Limited	葛蘭素史克有限公司
	Janssen, a division of Johnson & Johnson (HK) Ltd.	楊森大藥廠
	Mr. CHAN Kar Lok	陳家樂先生
	Mr. CHOW Chiu Yin	周昭賢先生
	Mr. NG Elton	吳俊霆先生

Pfizer Corporation Hong Kong Ltd.


美國輝瑞科研製藥有限公司

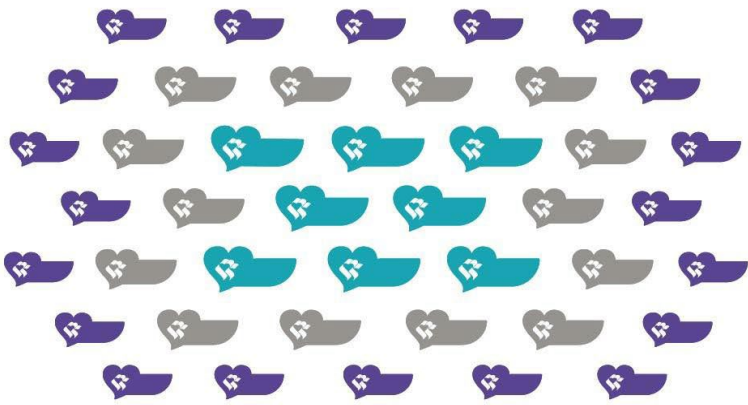
全港估計
約有八十萬不同病征的風濕病
患者，而風濕病的症多屬不同病徵。
除了長年較難治癒的骨節發炎外，其他免疫系統
相關的風濕病，如：紅斑性瘧、強直性脊柱炎、類
風濕性關節炎等，亦對生活質素及健康，造成不良影響
會患上。

風濕病最常見的病徵為關節發炎疼痛，但亦影響不同器官如
心臟、眼睛、肝臟及腎臟等，因此患者需要長期治療以控制病
情，對患者的生活造成大影響。

香港風濕病基金會於2015年獲特許公署對接和政府的相關政策
注，提供不同服務予風濕病患者，並提供、推動課程及健康
等不同方面及服務，以協助患者善用「政府醫療
和藥物治療及生活質素」。

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





20th Anniversary Charity Gala

風濕微電影暨懷舊金曲慈善晚會



HKARF held its 20th Anniversary Charity Gala on 20th October 2021 at Shouson Theatre. Over 400 rheumatologists, nurses, patient groups and volunteers graced us with their presence to raise funds for the good cause. The Charity Gala raised around one million four hundred thousand dollars to support the Foundation's future development.

It was an immense pleasure that the Chief Executive of

Hospital Authority Dr. Ko, Pat Sing Tony bestowed us by being Guest of honor. A specular show was staged at the Charity Gala. Mr. Anderson Junior and Ms. Lau, Choi Yuk were the hosts. Famous performers Mr. Yip, Chun Tong, Mr. Lee, Lung Kei, Ms. Lau, Choi Yuk, and our special guest Ms. Fong, Yi Kei (listed in no particular order) performed live and evoked a nostalgia for golden songs of the past. Ms. Sit, Ka Yin recorded a short video to wish the Foundation a happy 20th birthday.

Two microfilms "SUPERWOMAN" and "竹·迷·藏" were made by HKRAA and B27 Association, respectively, were played on the screen. The cast of "SUPERWOMAN" includes Ms. Chau, Sau Na Chrissie and Mr. Sammy Leung. The cast of "竹·迷·藏" includes Mr. Chau, Pak Ho, Ms. Cheung, Man Ka Crystal, and Mr. Poon, Wan Fung. Both microfilms are heartwarming. They do exemplary jobs of showing the difficulties in arthritis and rheumatic patients and spreading awareness and education. The program was live streamed on YouTube. It was watched by more than 500 viewers.

In addition to the performances, many donors generously donated to support the good cause. Dr. Lee, Ka Wing the Chairman, Mr. Chan, Kar Lok the Vice Chairman and the Chairman of 20th Anniversary Fund-Raising Committee, and Dr. Ng, Kam Hung the Vice Chairman promised to continue to engage and empower arthritis and rheumatic patients to strive for better health.

The Charity Gala advertisement and the other 2 versions of Foundation's advertisement were published on 300 MTR advertising light boxes in October 2021 for 2-week.

基金會已於2021年10月20日假香港藝術中心壽臣劇院，舉辦風濕微電影暨懷舊金曲慈善晚會，邀得多位殿堂級歌手獻唱，為基金會籌款。基金會邀得近400為風濕科醫護友好、病友會及義工出席。是次晚會為基金會籌得約港幣一百四十萬元，所籌得之款項將用於支持基金會發展。

籌款晚會的節目十分豐富，基金會邀得醫院管理局行政總裁高拔陞醫生蒞臨主禮，亦邀請了安德尊先生及劉彩玉小姐擔任晚會司儀。一眾殿堂級歌手為觀眾呈獻一首首經典金曲，回到昔日的美好時光，包括葉振棠先生、李龍基先生、劉彩玉小姐及特別嘉賓方伊琪小姐(排名不分先後)。薛家燕小姐亦特意拍片祝願基金會20週年生日快樂。另外晚會有微電影欣賞，包括由B27協進會拍攝，周柏豪先生、張紋嘉小姐及糖兄先生主演的《竹·迷·藏》及由毅希會拍攝，周秀娜小姐及森美先生主演的《節弦之痛》。兩套微電影溫暖人心，帶出病患者們面對病情的困難及相關疾病知識。節目於YouTube同步直播，累積瀏覽人次達500多。

香港風濕病基金會主席李家榮醫生、副主席兼慈善晚會委員會主席陳家樂先生及副主席吳錦鴻醫生承諾基金會將繼續以涓滴之力，惠澤更多有需要的風濕病患者。

微電影暨懷舊金曲慈善晚會及另外兩個版本的基金會廣告已於2021年10月刊登了為期2星期的港鐵廣告，刊登廣告的燈箱共300個。





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 2021/22, a total of HK\$64,449.61 was collected. It has increased by 3.11%, 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\$333,520.44 was collected using this donation method. 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。

International Conference of Chinese Rheumatologists**國際華人風濕病醫學會議**

Upon invitation from The Hong Kong Society of Rheumatology, it was a pleasure for Hong Kong Arthritis & Rheumatism Foundation to participate in the International Conference of Chinese Rheumatologists at Cordis Hotel from November 20 to 21 2021, which enabled us to mingle with scholars and friends who are interested in rheumatology.

This conference provided an ideal platform for rheumatologists, healthcare professionals, as well as basic science and clinical researchers from Hong Kong and all around the globe to discuss and exchange ideas in the field of rheumatology.

感謝香港風濕病學學會的邀請，香港風濕病基金會有幸於2021年11月20日至21日參與是次為期兩天，於香港康得思酒店舉行的國際華人風濕病醫學會議，與眾風濕病學學者及友好歡聚一堂。

是次醫學會議為醫生、醫療保健專業人員，以及臨床及科學研究人員提供一個理想的平台，讓來自香港及世界各地的參與者在風濕病領域進行探討及交流。

COLLABORATION WITH SELF-HELP GROUPS

與病人自助組織的合作

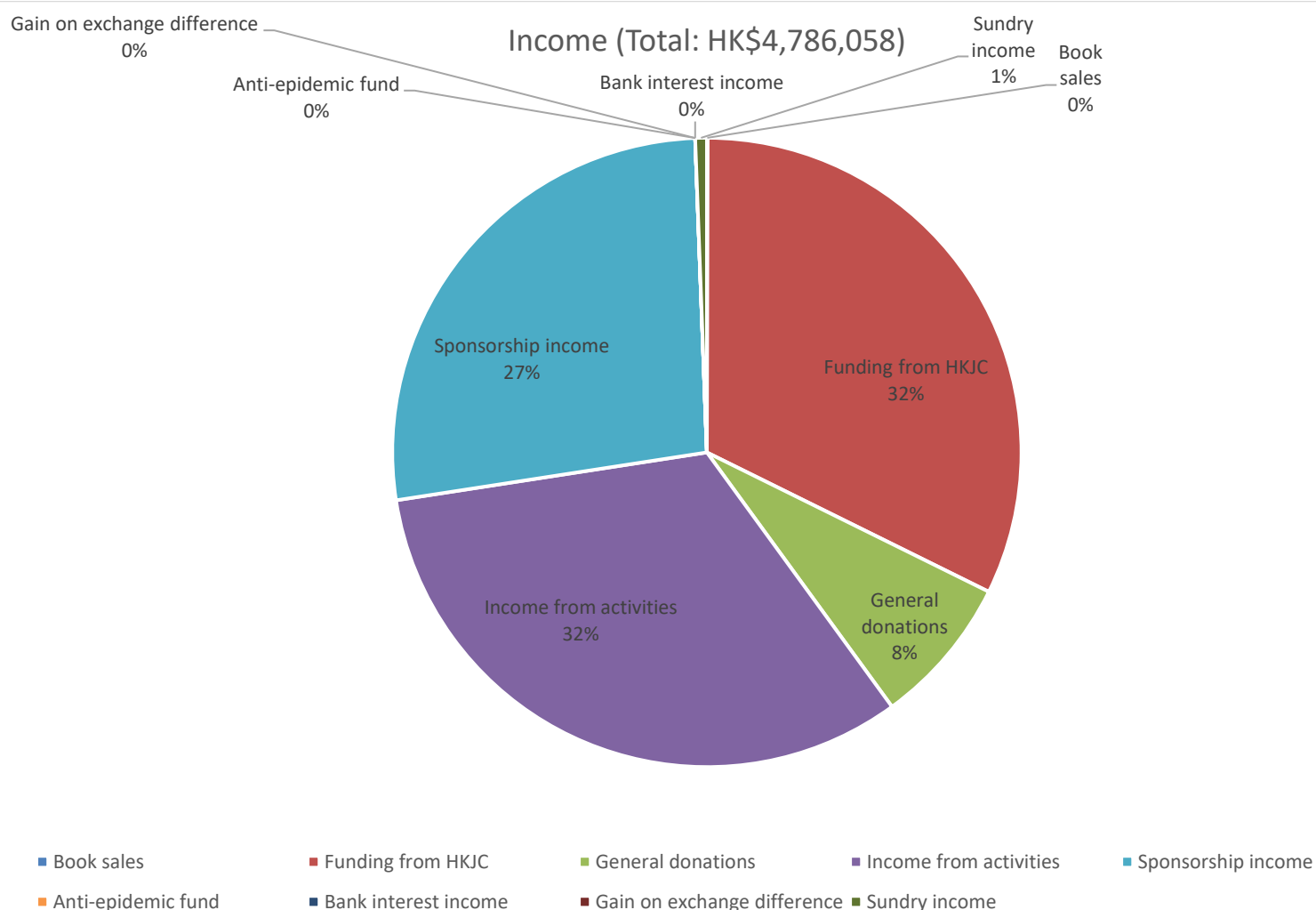
Hong Kong has many self-help groups serving arthritis patients. HKARF continues to work closely with all rheumatic disease self-help groups in organizing education events for new and existing members. Secretarial staff of Hong Kong Ankylosing Spondylitis Association (HKASA), Hong Kong Rheumatoid Arthritis 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.

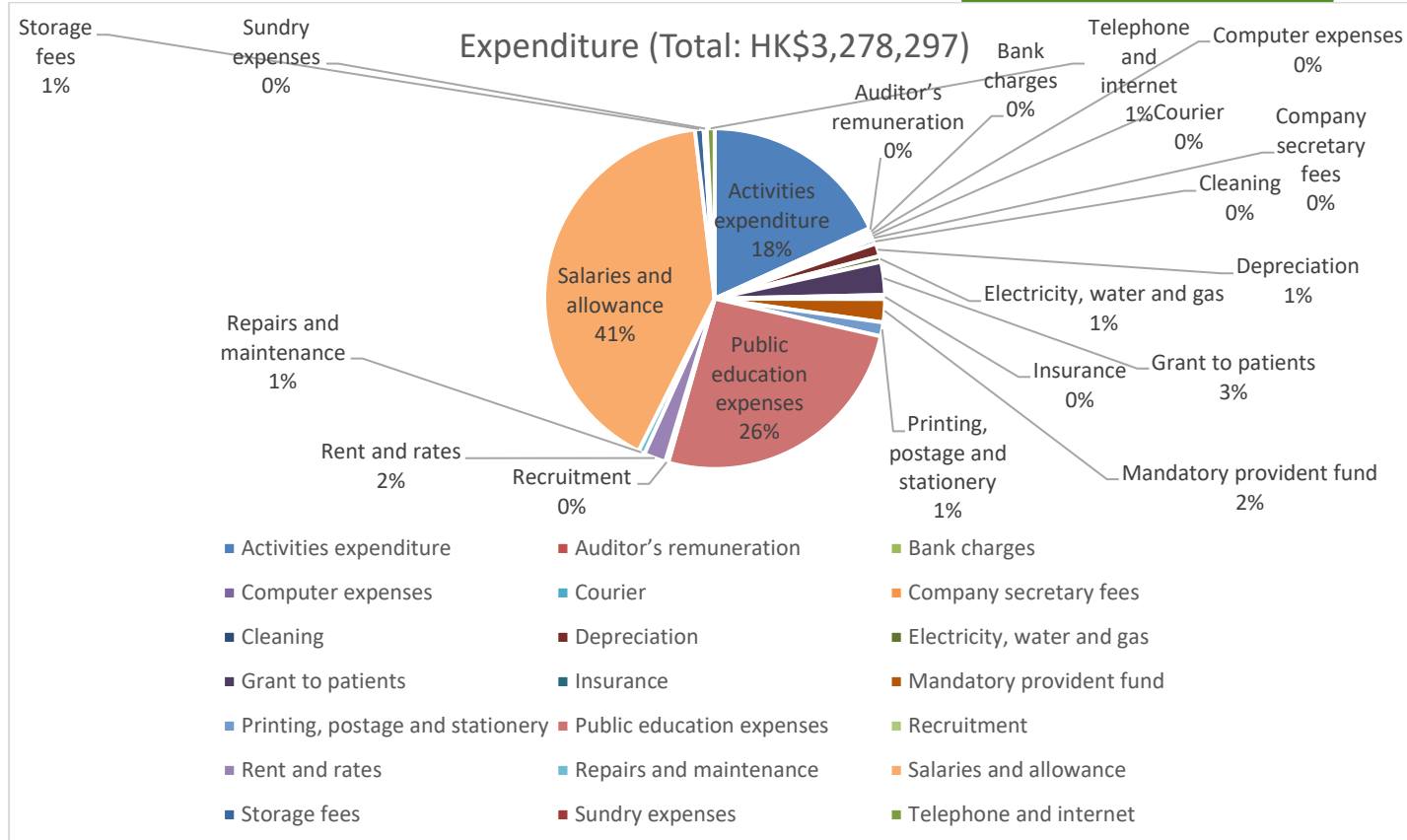
香港有不少風濕科病人自助組織。基金會多年來與各風濕科病人自助組織保持緊密聯繫，共同協作舉辦公眾教育活動。香港強脊會、毅希會、銀屑護關會及少青風協會的職員現在基金會會址辦公。另外，基金會亦會在網頁及面書協助宣傳各病人自助組織舉辦的活動。

FINANCIAL REPORT 財務報告

HIGHLIGHTS OF FINANCIAL ACTIVITIES (FOR THE YEAR ENDED 31 MARCH 2022)

財務活動要點 (截至 2022 年 3 月 31 日)





* For salaries, 39% was supported by JC (HK\$522,468.81 out of HK\$1,336,261.48).

* 香港賽馬會支持了總薪金開支的39%（港幣1,336,261.48中的港幣 522,468.81）。

For public education expenses, 70% was sponsored items. Details as below-

在公眾教育開支方面，其中七成是贊助項目。詳情如下-

Settled by 支付單位	HKD 港幣	% 百分比
Pharmaceutical Companies 藥廠	515,200.00	61%
HKJC 香港賽馬會	75,482.52	9%
HKARF 香港風濕病基金會	256,488.50	30%
	847,171.02	

STATEMENT OF PROFIT/LOSS AND OTHER COMPREHENSIVE INCOME
(FOR THE YEAR ENDED 31 MARCH 2022)

	2021/22	2020/21
	HKD	HKD
Income		
Book sales	2,048	1,408
Funding from HKJC	1,544,136	470,086
General donations	367,493	394,418
Income from activities	1,559,430	148,980
Sponsorship income	1,284,520	1,426,000
Other income		
Anti-epidemic fund	-	123,300
Bank interest income	16	21
Gain on exchange difference	-	942
Sundry income	28,415	23,483
	4,786,058	2,588,638
Activities expenditure	(596,595)	(62,715)
Administrative expenses		
Auditor's remuneration	10,000	10,000
Bank charges	3,456	2,102
Computer expenses	10,608	18,682
Courier	4,332	3,542
Company secretary fees	9,005	-
Cleaning	13,702	37,450
Depreciation	39,764	36,375
Electricity, water and gas	18,332	15,571
Grant to patients	102,319	136,328
Insurance	12,632	30,796
Mandatory provident fund	72,130	45,283
Printing, postage and stationery	43,263	25,397
Public education expenses	847,171	1,012,433
Recruitment	9,526	15,456
Rent and rates	68,300	66,000
Repairs and maintenance	19,991	5,060
Salaries and allowance	1,336,261	1,074,923
Storage fees	26,908	-
Sundry expenses	9,595	22,450
Telephone and internet	24,407	21,828
	(2,681,702)	(2,579,675)
SURPLUS / DEFICIT FOR THE YEAR	(1,507,761)	(53,752)

LOOKING AHEAD 展望將來

The Foundation has been ensuring sustainable development in all its patient support and education programmes, as it discharges its aims in educating rheumatic patients on disease management skills, and engaging different patient groups, volunteers, and healthcare professionals in the advancement of the Foundation. We will continue to contribute to the well-being of the arthritis and rheumatism community and work closely with our collaborators for the benefit of our patients.

基金會一直確保病人支援及教育計劃的可持續發展。為實現此目標，我們不懈地推動風濕病管理的教育，並讓不同的病人組織、義工和風濕科醫護共同參與基金會的發展。我們將一如既往為風濕科社區謀取福祉，並與我們的合作夥伴保持緊密合作，造福我們的病患

APPENDIX

LIST OF ACTIVITIES 2021/22

Date	Event	Committee
1 April 2021	Occupational therapy consultation started	Patient Support Committee
1 April 2021	Physiotherapy programme started (physical and online classes)	Patient Support Committee
10 April 2021	Back Pain 《都市痛症面面觀 – 背痛》講座 Speakers: Prof. Lau, Chak Sing (Dean of the Li Ka Shing Faculty of Medicine and Chairman of the Board of the Li Ka Shing Faculty of Medicine) and Mr. Ng, Chun Ting Elton (Physiotherapist)	Education Committee
12 April 2021	Educational Online Talk 風濕會客室 Speakers: Prof. Lau, Chak Sing (Dean of the Li Ka Shing Faculty of Medicine and Chairman of the Board of the Li Ka Shing Faculty of Medicine) and Dr. Ho, King Man (Dermatologist & Venereologist) No. of engagements: 1306 No. of views: 7,366	Education Committee
24 April 2021	Jockey Club Community Sustainability Fund Rheumatologic Disease Online Education Programme Treatments for Ankylosing Spondylitis and Efficient Stretching Exercises Speakers: Dr. Chung, Ho Yin (Rheumatologist) and Ms. Wong, Kit Yee Lavin (Physiotherapist) No. of engagements: 667 No. of views: 11,854	Education Committee
22 May 2021	Jockey Club Community Sustainability Fund Rheumatologic Disease Online Education Programme Psoriatic Arthritis and COVID-19 Infection Speakers: Dr. CHAN, Ka Yan Helen (Rheumatologist) No. of engagements: 387 No. of views: 12,830	Education Committee
24 June 2021	Educational Online Talk 風濕會客室 Scleroderma With Pulmonary Fibrosis Speaker: Dr. Ma, Kai Yiu (Rheumatologist) and Mr. Wong, Chun Ho (Physiotherapist) No. of engagements: 258 No. of views: 1,274	Education Committee

26 June 2021	Online Health Talk 風濕情報站 Hair Problems in Rheumatology Patients Speakers: Dr. Chung, Man Ho No. of engagements: 411 No. of views: 4,933	Education Committee
1 July 2021	Newsletter – Arthritis Care Vol. 33 No. of issues: 5,000	HKARF
29 July – 16 December 2021	Hydrotherapy Programme	Patient Support Committee
1 August 2021	CHARM Vol. 15 publication No. of issues: 1,000	Scientific Committee
17 August 2021	Jockey Club Project Kick Off Ceremony Cum Media Interview	Education Committee
28 August 2021	Online Health Talk 風濕情報站 Joint replacement Speaker: Dr. Lee, Ka Wing Gavin (Rheumatologist) and Dr. Tang, Wai Man (Orthopedist) No. of engagements: 507 No. of views: 14,494	Education Committee
1-4 September 2021	The Power of Art Exhibition at Hong Kong Cultural Centre	Education Committee
4 September 2021	Multidisciplinary Educational Talk – Pearls in the Management of Rheumatic Patients in the Pandemic of COVID-19 (E-conference) Speakers: Dr. Mok, Mo Yin Temy Mr. Lee, Pak Hei Timothy Miss KY Wong Lavinia Dr. Yip, Ka Huen Prof. Cecilia Li Dr. Chan, Kui Michael Ms. Chu, Yuen Ting Cody No. of participants: 139	Scientific Committee
4 September 2021	Knee Pain 《都市痛症面面觀 – 膝蓋疼痛》講座 Speaker: Dr. Cheng, Hang Cheong (Orthopedist)	Education Committee

28 September 2021	Educational Online Talk 風濕會客室 Treatment Goals in Rheumatoid Arthritis Speaker: Dr. Ng, Kam Hung (Rheumatologist) No. of engagements: 512 No. of views: 17,586	Education Committee
20 October 2021	20 th Anniversary Charity Gala	HKARF
23 October 2021	Education Online Health Talk 風濕情報站 Rheumatism and Cardiovascular Disease Speaker: Dr. Cheung, Shing Him (Cardiologist) No. of engagements: 264 No. of views: 7,914	Education Committee
20-21 November 2021	International Conference of Chinese Rheumatologists	Education Committee
18 December 2021	Educational Online HealthTalk 風濕情報站 Rheumatism and Osteoporosis Speaker: Dr. Ho, Ling Yin and Mr. Mak, Chun Ho Tony (Physiotherapist) No. of engagements: 192 No. of views: 4,174	Education Committee
1 January 2022	Newsletter – Arthritis Care Vol. 34 No. of issues: 4,000	HKARF
22 January 2022	Education Online Talk 風濕會客室 New directions in the treatment of Ankylosing Spondylitis Speaker: Dr. Wu, Tsz Yuen (Rheumatologist) No. of engagements: 263 No. of views: 5,475	Education Committee
12 March 2022	Education Online Health Talk 風濕情報站 Oral health of patients with Rheumatism Speakers: Dr. Ng, Sin Ngai Ray (Rheumatologist) and Dr. Wan, Chi Ching Joan No. of engagements: 558 No. of views: 1,868	Education Committee

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