



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

# Annual Report

## 周年報告

### 2022/23

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  
2023)

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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

2022-2023 was a year full of challenges for all Hong Kong people and the world. However, despite the severe impact of the ongoing pandemic, our Foundation team has remained resilient and adaptable. I am extremely proud of the dedication and perseverance demonstrated by our team during these difficult times.

The COVID-19 pandemic has significantly disrupted our operations, forcing us to suspend all in-person projects and activities. During this period, it has become increasingly challenging to stay connected with patients. Nevertheless, we quickly adapted to the situation. Our Foundation colleagues and healthcare teams swiftly gathered information on post-diagnosis care for COVID-19, managing rheumatology medications for patients, and the appropriate timing for vaccination after infection. We produced a series of resources, including information, experience sharing, and videos, which were uploaded to our Foundation's Facebook page, providing vital support to patients facing health challenges during the pandemic. In the latter part of the year, the Foundation has been busy preparing to resume some physical courses and activities, eagerly embracing the "new normal." In December 2022, we launched a therapeutic ceramic handicraft experience course. While patients engage in the process of ceramics making, art becomes a therapeutic medium, allowing them to alleviate joint pain and strengthen finger muscles.

The past year has brought us many difficulties but also highlighted the strength of our team's unity in facing the challenges posed by the pandemic. I sincerely thank everyone for their unwavering support and dedication.

Looking ahead, we are committed to adapting and innovating in adversity, continuing to stand together with rheumatology patients, and forging ahead on our journey of mutual growth.

Dr. LEE Ka Wing Gavin

Chairman

Hong Kong Arthritis & Rheumatism Foundation Ltd.

## 主席的話

2022至2023年度對所有香港人，以至世界來說都是充滿挑戰的一年。然而，基金會團隊在面對著嚴峻的疫情時，展現出極高的靈活性和求變能力。我對我們的團隊在這段困難時期所展現之奉獻精神及堅韌感到自豪。

2019冠狀病毒病對我們的運營帶來重大的影響，我們不得不暫停所有面對面的項目及活動，與病人的聯繫亦變得更困難。然而，團隊迅速應變，與醫護團隊積極蒐集確診後的護理需知，內容包括在感染後該如何處理正在服用的風濕科藥物、疫苗接種的適當時間等。同時，亦製作了一系列的經驗分享及影片資訊，上載至基金會的 **Facebook**，為病人提供了重要及適切的支援。在後半年的時間，基金會忙於準備重啟，亦積極在新常態下展開嶄新的嘗試。我們於2022年12月開辦了結合治療元素的陶瓷手作體驗課程。病人在投入製作陶器的同時，藝術成了治療的媒介，讓患者可舒緩關節疼痛，加強手指肌肉的功能。

過去的一年給我們帶來了艱巨，亦讓我們更團結。我由衷感謝每一位友好對我們的不懈支持與奉獻。展望將來，我們將繼續致力創新求變，與風濕科病人砥礪前行。

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

Ms. CHEUNG Wai Han Elsa

張惠嫻律師

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

Mr. HO On Tat Andy, JP

何安達先生

Dr. KUN Emily (Specialist in Rheumatology)

靳惠蓮醫生

Mr. KWOK Wai Leung Stanley

郭偉良先生

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

Dr. NG Kam Hung Daniel

吳錦鴻醫生

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. TO Chi Hung (Rheumatologist)

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**

Mr. YAN Chuek Ning Sherman

甄灼寧律師

**Executive Committee Members 執行委員會成員**

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

鄭寶花女士

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

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)

馬繼耀醫生

Dr. MOK Mo Yin Temy (Rheumatologist, City University of Hong Kong)  
(resigned in March 2023)

莫慕賢醫生

Mr. SHIU Ka Yue (CorporateLink Limited)

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: 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  
 Dr. Wu Tsz Yuen

郭雪琪姑娘  
 馬繼耀醫生  
 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  
 吳子源醫生

**Patient Support Committee 病人支援委員會**

Convener 召集人: Dr. YIM Cheuk Wan

Members 委員: Ms. CHENG Suk Yi Cheryl  
 Ms. KWAN Jackie  
 Ms. LEE Kim Man Idy  
 Ms. LEUNG Christine  
 Prof. SO Ho  
 Mrs. WONG Agnes  
 Ms. WONG Kam Fung  
 Ms. WONG Lam  
 Ms. WONG Sai Ha

嚴卓雲醫生  
 鄭淑儀女士  
 關卓妍女士  
 李儉汶女士  
 梁綺薇女士  
 蘇皓教授  
 黃馮玉棠女士  
 黃金鳳女士  
 黃琳女士  
 黃世霞女士

**Scientific Committee 科學委員會**

Convener 召集人: Dr. MOK Mo Yin Temy  
 (resigned in March 2023)

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: Ms. CHENG Pauline  
 Dr. LEE Ka Yan David  
 Mr. SHIU Ka Yue (CorporateLink Limited)  
 Mr. YAN Chuek Ning Sherman

陳家樂先生  
 鄧紹芬博士  
 鄭寶花女士  
 李家仁醫生  
 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. Including Hong Kong Ankylosing Spondylitis Association, Hong Kong Paediatric Rheumatism Association, Hong Kong Psoriatic Arthritis Association, and Hong Kong Rheumatoid Arthritis Association, 4 patient groups are utilizing the premises of the Foundation for their offices.

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。4個病人組織，包括香港強脊會、少青風協會、銀屑護關會及毅希會借用基金會會址辦公。



### HKARF to Resume Normal Public Services From May 2022 Under the Pandemic

基金會於2022年5月全面恢復正常運營

During the COVID period, Hong Kong Arthritis & Rheumatism Foundation announced that starting from May 16, 2022, the Foundation would resume normal public services. All staff members returned to the office from Monday to Friday, with on-duty hours from 9:30am to 6pm. All employees were required to wear masks while at work and provide a negative result from the Rapid Antigen Test conducted the day before. Additionally, face-to-face programmes would gradually resume. The Foundation reopened its facilities to the public, allowing patient groups to rent the Centre for meetings and activities. The Foundation emphasized the importance of strictly adhering to anti-epidemic measures, including proper mask usage and refraining from eating or drinking during meetings.

The Foundation conducted deep cleaning and disinfection so as to safeguard the health and safety of staff and the public during the pandemic.

在新冠疫情期間，香港風濕病基金會至2022年5月16日起，基金會恢復正常的公共服務。所有員工從週一至週五返回辦公室，上班時間為上午9:30至下午6:00。所有員工在工作期間必須佩戴口罩，並在進入辦公室前提交快速抗原測試陰性報告。此外，實體活動將逐步恢復。基金會亦重新向公眾開放設施，讓病人組織租用中心舉行會議及活動。基金會嚴格遵守防疫措施，包括要求員工正確佩戴口罩，以及在會議期間禁止飲食。



基金會於疫情期間進行深層清潔消毒工作，以保障同事及公眾的健康及安全。



## Hong Kong Jockey Club "COVID-19 Emergency Fund"

香港賽馬會慈善信託基金「賽馬會新冠肺炎緊急援助基金」

**Approved fund: HKD140,000 核批資金：港幣14萬元**

With the ongoing COVID-19 pandemic, masks and rapid antigen test kits are essential items for epidemic prevention. Thank you to the support from the Hong Kong Jockey Club "COVID-19 Emergency Fund", our Foundation was able to purchase relevant epidemic prevention supplies for patients and volunteers of our activities. Additionally, we installed an air purifier in our centre to ensure the health and safety of the public. During the second half of 2022, more than 200 patients benefited from the distribution of epidemic prevention supplies. These patients expressed their gratitude for being able to regularly undergo rapid antigen testing, which allows them to assess their risk of contracting COVID-19. The installation of the air purifier in the centre also provides them with a greater sense of security when visiting the Foundation.

新冠疫情持續下，口罩和快速抗原測試包是不可或缺的防疫用品。承蒙香港賽馬會慈善信託基金「賽馬會新冠肺炎緊急援助基金」的支持，本會得以購置相關防疫用品予本會活動參加者及義工，及在中心添置一部空氣淨化機，以保障參加者及公眾健康。在2022年下半年期間派發的防疫用品，共有200多名病友受惠。病友均表示能恆常進行快速抗原測試，可知道自己感染新冠肺炎的風險。中心增設了空氣淨化機亦能令他們更安心到訪基金會。

# ACTIVITIES UNDERTAKEN AND RESULTS ACHIEVED 活動回顧

## EDUCATION COMMITTEE 健康教育委員會

### International Arthritis Day (IAD) and 20th Anniversary Closing Ceremony

響應2022年國際風濕病日活動

# 重見 重連

2022年風濕同樂日  
暨香港風濕病基金會20週年閉幕典禮

費用全免  
線上/實體  
報名連結

2022年10月15日 (星期六)  
下午2時半至5時正  
香港青年協會大廈9樓演講廳  
香港北角百福道21號  
(入口設於模範里，  
鰂魚涌港鐵站C出口)

活動內容  
基金會20週年閉幕典禮  
支票捐贈儀式  
義工嘉許典禮  
骨關節炎教育講座  
風濕科病人分享

線上與實體同步進行  
觀看直播之連結將於成功報名後  
發送至閣下的WhatsApp

活動目的  
響應國際風濕病日，讓大眾更了解各  
種關節痛症的管理方法。

歡迎關注風濕科疾病的各界友好、風濕科患者及家屬參加

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

支持機構  
B27 香港青年協會  
香港風濕病基金會  
香港醫學會  
香港物理治療學會  
香港職業治療學會  
香港藥劑師學會  
香港營養師學會  
香港社會工作界  
香港護士管理局  
香港中藥學會  
香港針灸學會  
香港氣功學會  
香港氣功師學會  
香港氣功師學會  
香港氣功師學會

贊助機構  
abbvie AMGEN GSK Lilly NOVARTIS Pfizer

2022 年風濕同樂日  
暨香港風濕病基金會20週年閉幕典禮

### 程序表

香港風濕病基金會主席	李家榮醫生 致歡迎辭
主禮嘉賓 香港風濕病基金會創會主席	劉潔星教授 致辭
香港風濕病基金會副主席	陳家樂先生 致辭
香港風濕病基金會副主席	陶志雄醫生 致辭
♥♥ 愛心善款支票交贈儀式 ♥♥	
致送紀念品	
義工嘉許	
健康教育講座 題目：〈溫故知新：骨刺與骨關節炎〉 講者：香港風濕病基金會健康教育委員會主席 馬繼耀醫生	
題目：〈預防及處理膝關節痛〉 講者：註冊職業治療師 朱文麗博士	
義工訪談 姚景祥先生、曾麗貞女士	
香港風濕病基金會主席 李家榮醫生致閉幕辭	
典禮結束	

題目安排如有更改，恕不另行通知。

International Arthritis Day (IAD) and 20th Anniversary Closing Ceremony of the Hong Kong Rheumatism Foundation was successfully held on Saturday, October 15, 2022, at the Hong Kong Federation of Youth Groups Lecture Hall. We were honored to have Prof. Lau, Chak Sing, our Honorary President and Dean of Medicine and Chair Professor in Rheumatology and Clinical Immunology of Faculty of Medicine at the University of Hong Kong, as the guest of honor for the ceremony.

The event included health education lectures, volunteer commendation ceremony, and sharing sessions by rheumatology patients. Dr. Ma, Kai Yiu, the Convener of our Education Committee, explained to the audience about "Reviewing the Old to Learn the New: Bone Spurs and Osteoarthritis," consolidating the basic knowledge of managing rheumatic diseases for both new and old patients. We were also delighted to invite our long-time counterpart, Dr. Mary Chu, a registered occupational therapist, to talk to the audience about "Prevention and Management of Knee Pain." Dr. Chu also demonstrated stretching exercises, and the audience actively participated. During the volunteer commendation ceremony, we presented certificates of appreciation for voluntary work and peer volunteer certificates to the enthusiastic volunteers who have supported and participated in our activities. Our long-time volunteer friends, Mr. Yiu, King Cheung and Ms. Tsang, Yim Ching,





shared their experiences and answered the audience's misconceptions about rheumatic diseases, providing inspiration to the attendees at the venue and those watching the live broadcast online.



We are grateful for everyone's support and would like to express our heartfelt thanks to the team, patient organizations, volunteers, and sponsoring organizations for their unwavering support. More than a hundred people attended the event to witness this important milestone for the Foundation. If you would like to relive the highlights of the ceremony, you can visit the Foundation's Facebook page.

from donors makes it possible for us to ensure steady flow of funds for integrating sustainability principles in our current comprehensive programmes.

HKARF has taken on the important role of improving quality of life of our patients. Support

2022 風濕同樂日暨香港風濕病基金會 20 週年閉幕典禮已於 2022 年 10 月 15 日（星期六）於青年協會演講廳順利舉行。我們十分榮幸邀得香港風濕病基金會創會主席劉澤星教授擔任典禮的主禮嘉賓。活動內容包括健康教育講座、義工嘉許典禮及風濕科病人分享等。基金會健康教育委員會主席馬繼耀醫生為觀眾講解〈溫故知新：骨刺與骨關節炎〉，鞏固新舊病友管理風濕病的基礎知識。我們亦很高興邀得多年的友好——註冊職業治療師朱文麗博士為觀眾講解〈預防及處理膝關節痛〉。朱博士更即場示範伸展動作，現場來賓亦十分投入地一同參與。我們於義工嘉許典禮頒發義務工作嘉許狀，以及朋輩義工證書予踴躍支持及參與之義工。我們多年來的義工友好姚景祥先生及曾豔貞女士以過來人的身份解答觀眾對風濕病的迷思，分享經驗，啟發現場及於線上同步觀看直播的觀眾。我們十分感謝各位的踴躍支持，亦由衷感謝團隊、各病人組織、義工們，以及贊助機構的鼎力支持。當天共百多人親臨會場一同見證基金會邁向新里程的重要時刻。

## Patient Conference 2022

### 風濕科病人研討會



Jointly organised by the Hong Kong Arthritis and Rheumatism Foundation Ltd and Community Rehabilitation Network (CRN) and supported by Hong Kong Society of Rheumatology, the Patient Conference 2022 took place on 4th December at Lecture Theatre, Hong Kong Convention and Exhibition Centre. Thanks to the Society for providing the venue, and assistance from various rheumatic patient organizations and groups, the conference was conducted smoothly. The plenary session and seminars focused on the topic of providing comprehensive patient care, covering widely the management of rheumatological diseases, cultivation of patients' psychological wellbeing, issues related to the COVID-19 vaccine, as well as patient support in the community. Renowned rheumatologists and experts in various professional fields convened together to share insights on topics of particular concern to patients, including "Arthritis: Symptoms, Causes and Treatment Methods", "Long COVID, COVID Vaccine and Arthritis", "Acceptance and Commitment Therapy and Pain Management", "Anti-Inflammatory Diet for Arthritis", "Financial Support Resources for Arthritis and Rheumatism Patients", and "Patient Experience Support Resources for Arthritis and Rheumatism Patients". The conference was attended by over 150 people, reaching a 85%

physical attendance rate. The conference was also broadcast live on YouTube and the public also can review the highlights of the conference on the Foundation's Facebook. As of 8th December, the plenary session in the morning had recorded a total of 677 views, and the opening ceremony and seminars thereafter in the afternoon had a total of 1,663 views.

由香港風濕病基金會與香港復康會社區復康網絡聯合主辦之風濕科病人研討會 2022 已於 12 月 4 日順利舉行。香港風濕病 學學會為支持機構。我們由衷感謝學會提供會議展覽中心演講廳的良好場地。各風濕科病人組織及小組協助籌備，使得 是次研討會得以順利舉辦。研討會的全體會議及座談會題目以照料風濕科病友的全面需要為旨。內容除了管理風濕科疾病的方法外，亦涵蓋到心理質 素的培養、依然備受關注的新冠疫苗，以及社區上的病人支援等。我們十分榮幸邀請到多位風濕科專家和各專業領域專家 聚首一堂，主講病人關注的題目，其中包括「風濕病的症狀、原因和治療方法」、「長新冠、新冠疫苗與風濕病」、「接 受和承諾療法與痛症管理」、「風濕病的抗炎食療」、「風濕病患者的經濟援助資訊」，以及「風濕病患者的病人資源」。是次研討會的實體出席率達 85%，出席人數超過 150 人。會議亦同步於 YouTube 進行直播。各位現可於基金會 Facebook 重溫研討會的精彩內容。截至 12 月 8 日，上午的全體會議共錄得 677 觀看人次，下午的開幕典禮及座談會則共錄得 1,663 觀看人次。





**PATIENT CONFERENCE 2022**

Date: Sunday, 4 December 2022  
Time: 1030-1400  
Venue: Hong Kong Convention and Exhibition Centre (Level 4 of old wing, meeting rooms S426-S428)  
Capacity: 150 seats  
Entry Requirements: ✓ Use home name safe app ✓ Have vaccine pass

Pre-registration  
Join Physically  
Join Virtually  
Call 23612838

**Plenary 1**  
1030-1110  
**Art as a Therapeutic Media for Management of Arthritis**  
Professor LI TSANG Wai Ping Cecilia  
Visiting Professor, Faculty of Health and Social Sciences,  
The Hong Kong Polytechnic University

**Plenary 2**  
1115-1155  
**Exercise and Arthritis: What is the Right Approach?**  
Ms. Levinia WONG  
School of Medical and Health Sciences, Tung Wah College  
Senior Clinical Associate (Physiotherapy)  
(\*Dermatomyositis & Polymyositis Support Group)

**Ceremony**  
1330-1345  
Dr. LEE Ka Wing Gavin  
Chairman, Hong Kong Arthritis & Rheumatism Foundation Ltd.  
Dr. TO Chi Hung  
Vice Chairman, Hong Kong Arthritis & Rheumatism Foundation Ltd.  
President, The Hong Kong Society of Rheumatology

**Meeting Rooms S426-S427**  
1345-1425  
**Symposium 1A:**  
Arthritis - Symptoms, Causes and Treatment Method  
Dr. YU Ka Lung Carol  
Rheumatologist  
(\*Hong Kong Paediatric Rheumatism Association)

**Meeting Room S428**  
1425-1430  
**Symposium 1B:**  
Long COVID, COVID Vaccine, and Arthritis  
Dr. LIN Wai Chi Ada  
Specialist in Infectious Disease,  
HKSH Medical Group  
(\*Hong Kong Lupus Association)

**1430-1510**  
**Symposium 2A:**  
Acceptance and Commitment Therapy and Pain Management  
Dr. Stephen MANN  
Division of Community Psychology,  
The Hong Kong Psychological Society  
(\*Hong Kong Paediatric Arthritis Association)

**1510-1515**  
**Symposium 2B:**  
Anti-inflammatory Diet for Arthritis  
Ms. POON Shi Pu Sally  
Registered Dietitian (RCPSC, UK)  
Accredited Practising Dietitian (Dietitians Australia)  
(\*Hong Kong Arthritis Society)

**1515-1555**  
**Symposium 3A:**  
Financial Support Resources for Arthritis and Rheumatism Patients  
Ms. YU Yui Lai Judy  
APN, Caritas Medical Centre  
(\*B27 Association)

**Symposium 3B:**  
Patient Experience Support Resources for Arthritis and Rheumatism Patients  
Ms. LEE Pik Fan  
Nursing Officer, United Christian Hospital  
(\*Hong Kong Rheumatoid Arthritis Association)

On site participants will receive a free souvenir on a first-come, first-served basis.  
Please bring your ID card for identification during the event.

**風濕科病人研討會 2022**

日期: 2022年12月4日 (星期日)  
時間: 上午10時30分至下午4時  
地點: 香港會議展覽中心 (舊翼四樓會議室S426-S428)  
容量: 150人  
入場要求: ✓ 使用安心出行流動應用程式 ✓ 持有有效疫苗通行證

預先報名  
實體參與  
網上參與  
請致電 23612838

**全體會議 1**  
1030-1110  
**藝術作為處理風濕病的治療媒介**  
李麗慧平教授  
香港理工大學健康及社會科學學院

**全體會議 2**  
1115-1155  
**運動與關節炎: 怎樣才是正確的運動方法?**  
黃潔怡女士  
香港醫院管理局物理治療師  
香港風濕病學會 主席  
(\*香港小兒風濕及關節炎學會)

**開幕典禮**  
1330-1345  
李家榮醫生  
香港風濕病學會 主席  
陶志雄醫生  
香港風濕病學會 副主席

**1345-1425**  
**演講廳 S426-S427**  
**座談會 1A:**  
風濕病的症狀、原因和治療方法  
余嘉麗醫生  
風濕科專科醫生  
(\*香港風濕病學會)

**演講廳 S428**  
**座談會 1B:**  
長新冠、新冠疫苗與風濕病  
潘世賢女士  
風濕科專科醫生  
香港風濕病學會 副主席

**1425-1430**  
**座談會 2A:**  
接受和承諾療法與痛症管理  
羅家輝博士  
香港心理學會 會員  
(\*香港風濕病學會)

**1430-1510**  
**座談會 2B:**  
風濕病的抗炎食療  
潘世賢女士  
風濕科專科醫生  
香港風濕病學會 副主席

**1510-1515**  
**座談會 3A:**  
風濕病患者的經濟援助資訊  
余嘉麗醫生  
風濕科專科醫生  
(\*香港風濕病學會)

**1515-1555**  
**座談會 3B:**  
風濕病患者的病人資源  
李碧芬小姐  
風濕科專科醫生  
(\*香港風濕病學會)

歡迎參加者於研討會中獲贈精美紀念品, 先到先得, 送完即止。  
請於研討會前15分鐘到達研討會地點。

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

Affected by the recurring COVID-19 epidemic from 2022 to 2023 and in accordance with the government's anti-epidemic measures to prevent group gatherings and Programme Self-management Programme needed to be suspended intermittently. We maintained online teaching whenever possible. Peer Coach training was conducted in small classes, and both physical and online training courses were launched. By 2023, as the epidemic eased and epidemic prevention policies were lifted, various physical classes resumed normal operations.

2022 至 2023 年間受新冠疫情的影響, 基金會配合政府避免群體聚集之措施及關節我自理課程的實體班需要間歇性暫停服務或改為網上教學。朋輩義工訓練則以小班教學形式進行實體或網上教學。直至踏入 2023 年, 隨著疫情稍緩及防疫政策的解除, 各項服務方分階段恢復實體課程。

### (1) Peer Coach Training Programme

「風之友伴友啟航」朋輩導師訓練計劃

### Peer Volunteer Value-Added (Online) Training Course

#### 朋輩義工增值計劃線上課程

The Peer Coach training was postponed due to the COVID-19 epidemic, resulting in the postponement of the proposed physical training courses. In response, the Foundation and the Volunteer Development Bureau jointly launched the online training course "Peer Volunteer Value-Added Programme" to provide interested individuals with the opportunity to participate in volunteer service through online courses. Participants in this course learn about the knowledge and value of volunteer services, as well as personal counseling skills and group work skills. The 3-session course began in May 2022, with a total of 11 volunteers participating. Upon completion of the course, students would be assigned to various volunteer services within the Association.

由於疫情持續，原定的義工實體課程被迫延期。有見及此，基金會與義務工作發展局合辦「朋輩義工增值計劃線上課程」，透過線上課程讓有意參與義工服務的義工認識更多有關義工服務的概念、義工服務價值、個人輔導技巧及小組溝通技巧等。

課程由義務工作發展局教授，由 2022 年 5 月起舉辦了共 3 堂的課程，共 11 位義工參與。參與課程者將獲安排參與本會的各项義工服務。

## Peer Tutor Training Programme

### 朋輩導師組長課程

A total of 6 sessions of the second phase of the Peer Tutor training were launched from August to October 2022. This phase of training primarily focused on providing the "Patient Self-management Programme for individuals with degenerative arthritis." The course was divided into 2 sessions, with the first part focusing on the implementation of group work skills and the second part on exercise skills. Upon completion of the training, volunteers would undergo internships to become peer tutors. A total of 11 volunteers participated in the training.

基金會於本年度 8 月至 10 月期間共推行了 6 節的第二期朋輩導師組長課程訓練，本期訓練集中提供「關節我自強」，以退化性關節炎為主題的課程，共兩階段。第一階段為推行概論及技巧，第二階段為運動技巧。完成訓練後的義工將進行實習，並成為組長義工。本期參與人數共 11 人。

## Activity Design and Self-management Skills Training

### 活動設計及自我管理技巧課程

This unit was divided into 5 courses to provide volunteers with both physical and mental therapy experiences and technical expertise training. These courses included online programme practical skills training, online first aid lectures, spiritual fitness room-meditation experiences, volunteer work management, and Pilates exercise classes. The Agency for Volunteer Service provided teachings on the basic concepts of leadership and programme design to equip volunteers with programme design and implementation techniques. A total of 11 sessions were conducted from July to September. Volunteers who completed the skills training course would assist the Foundation or patient organizations in coordinating various activities and related programmes. Those who completed the online programme practical skills training would be involved in assisting the Foundation's online health talks.

本期的單元共分為 5 項課程，為義工提供身心靈治療的體驗及技術專才訓練，包括直播實務講解、網上急救講座、心靈健身室-靜觀體驗、義務工作管理及普拉提運動體驗等。由義務工作發展局提供之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。2022 年 7 月至 9 月期間共推行了 11 節課程。

修畢設計及推行技巧篇之義工除可協助基金會或病人組織協調活動外，亦可繼續參加其他相關的訓練。修畢直播技巧之義工則將被安排參與媒體義工小組協助基金會舉辦網上直播講座。

## Community Exhibition

### 風濕病社區展覽

This year, the "Rheumatic Disease Exhibition – The Power of Art Exhibition"【風中情-藝力無疆 風濕病患者及家屬藝術作品展】 was conducted in various districts with the objective of increasing public awareness of rheumatism. The exhibition took place at Plaza Hollywood, H6 CONET in Central, and the Jockey Club Creative Arts Centre at Shek Kip Mei. The artworks were also showcased to the public at the Rotary Day Carnival organized by the Foundation at the Science Park. This event was co-partnered with 8 patient support groups and the Rotary Club. In addition to showcasing the talents of patients and sharing their experiences of self-treatment through art creation, the exhibition aimed to raise public awareness of rheumatism and cater to the needs of patients. The exhibition was jointly organized by rheumatism patients, their families, and rheumatology self-help organizations and groups. Ms. Zhou Ziaqi, Ms. Liu Cheng Mui, and Ms. Kumiko Matsushima were also invited to participate in the exhibition. The artworks included watercolor paintings, ink paintings, photography, scratch paintings, bonsai, origami, leatherworks, and handicrafts, among others. Furthermore, the Foundation actively engaged with the community to introduce rheumatology information to the public. Roadshows were held at Nan Shan Estate Shopping Centre, Hoi Lai Shopping Centre, and the shopping mall at Shek Lei Estate to raise awareness of rheumatism and promote related services to a wider audience.



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港九各區進行巡迴展覽，展出場地包括荷里活廣場、中環中心 H6 CONET 及賽馬會創意藝術中心，以及於本會於科學園舉辦的扶輪日嘉年華向公眾展示藝術作品。

除誠盼能藉是次巡迴展覽展現風濕科病人的才藝，分享他們因參與藝術創作而得到自我治療的心路歷程外，亦希望可提升大眾對風濕病之關注，關懷病人的需要。作品展覽由風濕科病人、家屬及風濕科病人自助組織及小組協辦。硬皮症病人周曉琪小姐、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、皮革及手工藝品等。

此外，基金會亦深入社區向社區人士介紹風濕病科資訊，於南山商場、海麗商場及石籬邨進行地區服務介紹。

## Arthritis Self-management Programme

### 「風濕·我自理」之「關節·我自理」自我管理課程

The Foundation and the Hong Kong Society for Rehabilitation Community Rehabilitation Network have collaborated to launch the "Patient Self-management Programme" which takes place monthly at different centres. The programme aims to educate patients on various aspects of self-management, including medication, pain management, joint protection, emotional management, and the development of action plans. The goal is to empower rheumatism patients with the knowledge and skills necessary for effective self-management and the establishment of healthy exercise habits.

In the 2022-23 period, due to the recurring COVID-19 epidemic, some courses were conducted online, while physical courses were mainly taught in small classes. Throughout the year, a total of 11 courses were held, with the participation of 90 rheumatism patients. Participants have expressed that the course has helped them gain a better understanding of their condition, enhance their ability to manage the disease, improve mobility, and appreciate the importance of exercise and self-management. Additionally, a new course titled "Patient Self-management Programme of Osteoarthritis" will be introduced in the upcoming financial year to provide self-management knowledge specifically tailored for patients with degenerative arthritis.

基金會與香港復康會社區復康網絡每月在不同地區的中心攜手舉辦「風濕·我自理」之「關節·我自理」自我管理課程，讓病人正確認識慢性病的自我管理方法，包括用藥需知、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。

在 2022 至 23 年度，由於疫情反覆，部分課程改為網上授課，實體課程則以小班教學為主，全年共舉辦了 11 期課程，共 90 位風濕病患者參加。參加者均認為課程能增加他們對病症的認識，亦加強了他們管理疾病的能力及活動能力，明白到運動及自我管理的重要性。

嶄新課程「關節我自強」為患退化性關節炎的病人提供自我管理的知識，是項課程預計於下年度推展。

## 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 jointly 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 3 場公開教育講座，加深公眾對痛症的認識。

Neck Pain 《都市痛症面面觀 – 頸部疼痛》講座

Date 日期: 25 June 2022

Speakers 講者: Dr. Ho Chi Kwan Carmen (Rheumatologist) and Dr. Chu, Man Lai Mary (Occupational Therapist)

風濕科專科醫生何紫筠醫生及 香港註冊職業治療師朱文麗博士

Venue 地點: HKMU Jockey Club Institute of Healthcare 香港都會大學賽馬會健康護理學院

No. of peak views 高峰觀看人數: 70

Hand Pain 《都市痛症面面觀 – 手部疼痛》講座

Date 日期: 26 November 2022

Speaker 講者: Dr. Chan, Chiu Wai Shirley (Rheumatologist) 風濕科專科醫生陳昭慧醫生

Venue 地點: HKMU Jockey Club Institute of Healthcare 香港都會大學賽馬會健康護理學院

No. of peak views 高峰觀看人數: 220

Leg Pain 《都市痛症面面觀 – 腳部疼痛》講座

Date 日期: 11 March 2022

Speakers 講者: Dr. Lee, Ka Wing Gavin (Rheumatologist) and Dr. Leung Ka Kei (Associate Consultant, Department of Orthopedics and Traumatology) 風濕科專科醫生李家榮醫生、香港大學 矯型及創傷外科學系副顧問醫生名譽臨床助理教授梁家熹醫生

Venue 地點: HKMU Jockey Club Institute of Healthcare 香港都會大學賽馬會健康護理學院

No. of peak views 高峰觀看人數: 220

## Rheumatic Disease Online Education Programme – Rheumatic Information Station

### 風濕病網上教育 - 風濕情報站

This year, a total of 5 online health talks were conducted through Facebook or YouTube live broadcasts. The theme of this series was developed collaboratively by the patient organization and the Foundation, with the content specifically tailored to address the needs and concerns of rheumatism patients.

In each episode, rheumatologists and patients were invited to share their knowledge about the disease. Each episode was co-organized in collaboration with different patient organizations and patient volunteers.

Undergoing an unprecedented public health crisis caused by the COVID-19 virus, many services have been switched from in-person to virtual. With the support of the Jockey Club Community Sustainability Fund, the Foundation has been able to respond to the pandemic. This valuable experience has also nurtured new skills for the staff, class participants, and our digital media volunteers team. Our digital media volunteers have been trained to provide technical support for the Foundation's and patient groups' online programmes since then.

基金會於本年度共舉辦了 5 場「風濕情報站」Facebook 及 YouTube 直播節目，節目主題均由病人組織與基金會共同擬定，內容與風濕病患者息息相關。

延續過往風濕情報站的特色，每集由風濕科專家講解風濕病患者關注的議題，並由病人分享患病經歷。每集節目與不同的病人組織合作，由病人義工擔任幕後崗位，同心協力籌備節目。

自 2019 冠狀病毒病引起之前所未有的公共衛生危機以來，許多實體服務開始轉為在線上舉行。在「賽馬會社區持續抗逆基金」的支持下，基金會得以迅速應變，改變講座的舉辦方式。此寶貴的經驗為我們的員工、病人和媒體義工團隊裝備了新的技能，得以為基金會和病人組織的線上教育講座提供技術支持。

### 2022/23

**No. of Facebook lives 直播講座次數:**

**5**

**No. of engagements 接觸人數:**

**1,310**

**No. of views 總觀看人數:**

**37,753**

### Topics 講座主題:

- a) Rheumatic Patients and Sleep Issues - Finding Solutions for Quality Sleep 《風濕病患者與睡眠問題 – 打做優質睡眠有辦法》

Date 日期 28 May 2022

Speakers 講者: Dr. Chung, Ho Yin James (Rheumatologist), Ms. Lai, Wing Nga Eunice (Clinical Hypnotherapist) and Ms. Li, Suk Fun (patient) 風濕病科專科醫生鍾浩然醫生、註冊催眠治療師黎詠雅姑娘、病友李淑芬女士

No. of engagements 接觸人數: 534

No. of views 觀看人數: 5,370

## b) Rheumatism and Birth

《生育的疑惑-風濕病患者懷孕前後的考量及護理》

Date 日期: 20 August 2022

Speakers: Dr. Chan, Chiu Wai Shirley (Rheumatologist), Ms. Cheng, Suk Yee (Nurse) and Ms. Sisy (patient) 風濕科專科醫生陳昭慧醫生、風濕科專科護士鄭淑儀姑娘、類風濕關節炎病友

Sisy 李小姐

No. of engagements 接觸人數: 195

No. of views 觀看人數: 16,200

## c) Rheumatic Patients and COVID-19 – Self-care After Diagnosis

《風濕病患者與新冠肺炎-確診後的自我照顧》

Date 日期: 24 September 2022

Speakers: Dr. Li, Wai Ling (Rheumatologist), Ms. Tang, Lai Man (Nurse) and Ms. Li, Yin Han (Guest Host) 風濕科專科醫生李慧玲醫生、風濕科專科護士鄧麗文姑娘及嘉賓主持李燕嫻小姐

No. of engagements 接觸人數: 324

No. of views 觀看人數: 7,528

## d) Is Psoriasis the Same as Psoriatic Arthritis?

《銀屑病與銀屑病關節炎相同? 不相同?》

Date 日期: 4 February 2023

Speakers 講者: Dr. Chung, Ho Yin James (Rheumatologist) and Dr. Lai, Yik Kiu Dominic (Dermatology and Venereology Specialist) 風濕科專科醫生鍾浩然醫生及皮膚及性病科專科醫生黎亦翹醫生

No. of views 觀看人數: 1,132

## e) Is it Possible to Manage Rheumatic Joint Pain Without Taking NSAIDs?

《風濕關節痛唔食止痛藥得唔得?》

Date 日期: 11 March 2023

Speakers: Dr. Ma, Kai Yiu (Rheumatologist) and Ms. Lui, Mei Shan (Advanced Practicing Nurse) 風濕科專科馬繼耀醫生及資深護師呂鎂嫻姑娘

No. of engagements 接觸人數: 257

No. of views 觀看人數: 7,523

**Rheumatic Meeting Room 風濕會客室**

HKARF holds online health education talks every season to enhance public awareness of rheumatic diseases and provide patients with accurate information and knowledge on relevant 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。

**2022/23****No. of Facebook lives 直播講座次數:****4****No. of engagements 接觸人數:****1,271****No. of views 總觀看講座人數:****91,813****Topics 講座主題:**

## a) Rheumatism and Pulmonary Hypertension: Causes and Diagnosis

《肺動脈高壓-病因與臨床分類》

Date 日期: 19 April 2022

Speakers 講者: Dr. Fan, Yue Yan, Katherine (Cardiologist) and Dr. Wong, Ching Han Priscilla (Rheumatologist) 心臟科專科醫生范瑜茵醫生及風濕科專科醫生王靜嫻醫生

No. of engagements 接觸人數: 239

No. of views 觀看人數: 20,043

## b) Rheumatism and Pulmonary Hypertension: New Treatment Methods

《風濕病與肺動脈高壓-最新治療方法》

Date 日期: 30 August 2022

Speakers 講者: Dr. Fan, Yue Yan, Katherine (Cardiologist) and Dr. Wong, Ching Han Priscilla (Rheumatologist) 心臟科專科醫生范瑜茵醫生及風濕科專科醫生王靜嫻醫生

No. of engagements 接觸人數: 237

No. of views 觀看人數: 14,320

## c) Treatment and Care of Rheumatoid Arthritis Complicated by Pulmonary Fibrosis

《類風濕性關節炎併發肺纖維化》

Date 日期: 8 October 2022

Speakers 講者: Dr. Yeung, Wan Yin Winnie (Rheumatologist) and Mr. Yiu, King Cheung (patient) 風濕病科專科楊韻妍醫生及類風濕關節炎併發肺纖維化患者姚先生

No. of engagements 接觸人數: 560

No. of views 觀看人數: 56,452

## d) Do You Know About Herpes Zoster?

《生蛇知多少?》

Date 日期: 22 October 2022

Speaker 講者: Dr. Chan, Pak To Eric (Rheumatologist) 風濕病科專科醫生陳柏滔醫生

No. of engagements 接觸人數: 352

No. of views 觀看人數: 998

## (2) 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相互交流，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亦已於 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。書中內容包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 emerged as a significant promotional platform for the Foundation's updates and activities. A total of 71 posts were published this year, garnering 45,628 hits/views. The content covered various topics, including the Foundation's 20th anniversary series, service information, the latest updates on COVID-19 vaccination, introductions 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。基金會於本年度共發佈了 71 篇貼文，點擊或瀏覽次數為 45,628 次。涵蓋的內容包括基金會 20 週年系列、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>
面書活動	貼文數目	月/年	點擊/瀏覽次數
基金會 20 週年系列	5	09/2022 - 10/2022	379
活動資訊	7	10/2022-12/2022	15,274
防疫資訊	4	03/2022-05/2022	270
類風濕性關節炎	1	04/08/2021	57
銀屑病關節炎	5	03/2022-07/2022	5,204
系統性紅斑狼瘡症	1	20/5/2022	116
肺動脈高壓	7	07/2022-09/2022	1,067
骨關節炎	6	03/2022-07/2022	2,647
骨質疏鬆	2	02/2022-03/2022	230
口腔健康	8	05/2022-09/2022	1,264
頭髮健康	2	03/2022	209
睡眠	7	06/2022-09/2022	1,300
旅遊小貼士	5	01/2023	7,400
生育	6	10/2022-01/2023	4,814
新冠肺炎	5	02/2023	5,397

## Short Stories on Anti-epidemic 《我的抗疫故事》

During the COVID-19 epidemic, the number of infections reached unprecedented levels, placing immense pressure on the healthcare system, nursing homes for the elderly, and the general public. Patients with rheumatism may have had numerous doubts and concerns regarding epidemic prevention and infection due to their condition. To address this, the Foundation produced a series called "My Anti-Epidemic Story." This series was published on the Foundation's Facebook page for 2 consecutive weeks. The stories were written by 6 individuals, including rheumatism patients, rheumatologists, nurses, and staff members, who had either recovered from COVID-19 or had personal experiences related to the epidemic. Through these short stories, they shared their personal experiences and emotions, highlighting the themes of self-reliance and courage in the face of adversity.

新冠疫情期間的感染數字屢創新高，對社會的醫療體系、老人院舍及一般市民帶來沉重壓力。風濕科病人受自身病情影響，難免對防疫或染疫感到疑慮。

《我的抗疫故事》系列由香港風濕病基金會製作，連續兩星期於 Facebook 專頁刊載，藉著 6 名康復者或其家屬的自身分享，當中包括風濕科病友、醫護及復康服務員工。故事系列帶出「疫」境自強的信息。

### Short Stories 短篇故事：

- a) 【我的先生確診了！】作者：草草
- b) 【隔離病毒・不隔愛 不要放棄】作者：不要放棄
- c) 【疫情點滴 - Omicron 不是流感】作者：醫者言
- d) 【三針疫苗保護了我 Amiee】作者：Amiee
- e) 【#《我的抗疫故事》疫情下的獅子山精神】作者：阿倩
- f) 【染疫日記】作者：莎拉

## Website Q & A, Email Enquiry and Facebook Enquiry

網站Q & A、電郵及Facebook查詢

Website Q & A 網站Q & A (1 April 2022 to 31 March 2023):

Total no. of inquiries查詢總數: **50** (37)

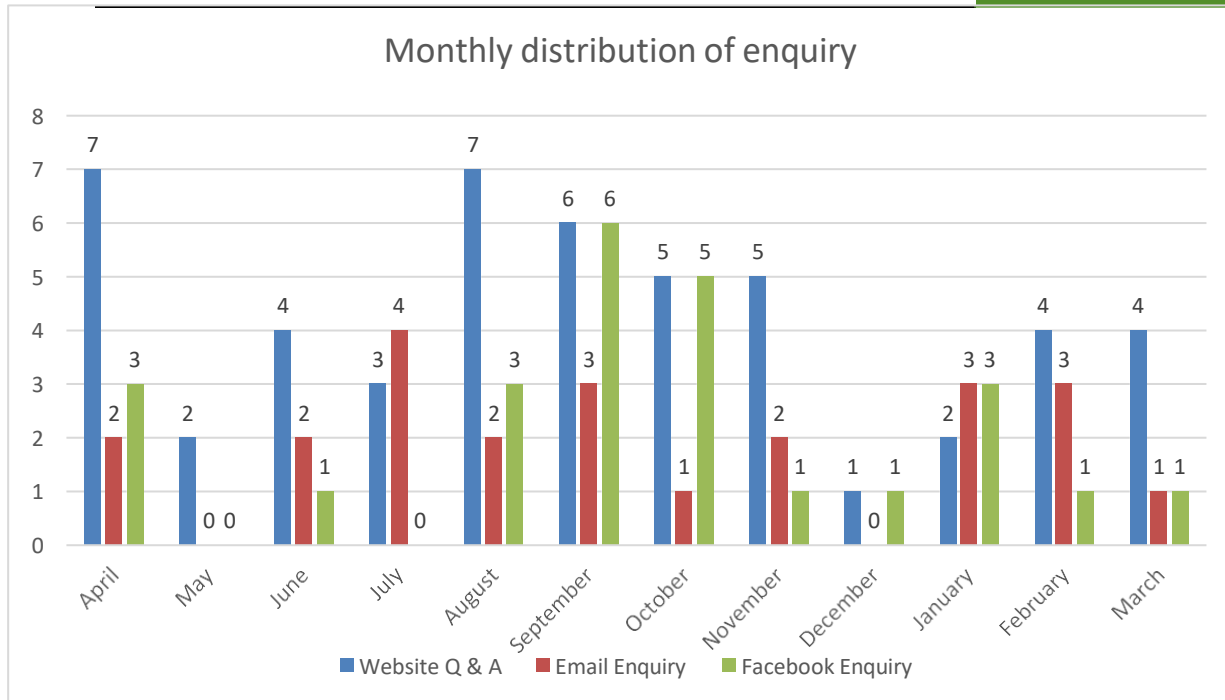
Email Enquiry電郵查詢 (1 April 2022 to 31 March 2023):

Total no. of inquiries查詢總數: **23** (21)

Facebook Enquiry Facebook查詢 (1 April 2022 to 31 March 2023):

Total no. of inquiries查詢總數: **25** (41)





We are pleased to have a team of rheumatology healthcare professionals who are dedicated to addressing the inquiries we receive from patients and the general public. Our team consists of Dr. Julia Chan, Ms. Gladys Kwok, Dr. Ma, Kai Yiu, and Dr. Stella Wong. In addition to our Honorary Advisor, Ms. Chan, King Chu, who provides valuable guidance and expertise, we would like to extend our gratitude for her assistance in proofreading.

我們很高興擁有一支致力於解答患者與大眾諮詢的專業風濕科團隊。我們的團隊包括陳珮珊醫生、郭雪琪姑娘、馬繼耀醫生和黃佩茵醫生。我們還要感謝我們的榮譽顧問陳琮珠女士為我們提供校對方面的協助。

**Revamping Website FAQ With the Valuable Assistance of Our Volunteer Team** 借助我們義工團隊的寶貴協助以重整網頁常見問題解答

We are delighted to announce that our website has undergone a significant revamp with the generous support of our dedicated volunteer team. Their invaluable assistance included the reorganization of the FAQ section, along with the addition of user-friendly tabs for effortless sorting. These enhancements have been implemented with the goal of improving the overall browsing experience, enabling our valued readers to effortlessly navigate the site and locate the information they require.

我們的義工團隊幫忙重整基金會網頁上的常見問題解答，並添加了有效的分類選項功能，以便更輕鬆排序問答內容。這些改進旨在提高瀏覽體驗，使我們的讀者能夠更輕鬆地瀏覽網站信息。

## PATIENT SUPPORT COMMITTEE 病人支援委員會

### Jockey Club Rheumatic Patient Rehabilitation and Education Programme

#### 賽馬會風濕病患者復康及教育計劃

With the support of Jockey Club, our signature programme, the hydrotherapy and physiotherapy exercise class, has provided invaluable benefits to our rheumatic patients. These programmes allow them to engage in stretching exercises and connect with their peers, fostering a sense of community and support.

在賽馬會的支持下，我們已推展多年的項目，包括水療和物理治療運動課程得以繼續開展，讓風濕病患者可作伸展運動，與同路人建立聯繫，鞏固社區網絡。

### 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.

Hydrotherapy exercise classes in public hospitals remained suspended, with expectations of normal resumption in mid-2023. Considering the health needs of patients, the Foundation began conducting water exercise classes in 2 private heated pools operated by voluntary organizations, namely Caritas Harold H.W. Lee Care and Attention Home and the Hong Kong Society for Rehabilitation Health Centre, starting from October 2022.

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。

公立醫院進行的水療運動班因水療池暫停對外開放，課程仍未能開展。期待至 2023 年中方可正式全面恢復課程。由於考慮到病人健康的需要，基金會於 2022 年 10 月開始在 2 間由志願機構營運的水療池開展水中運動班課程，分別為明愛利孝和護理安老院及香港復康會適健中心，為病人提供有限度的服務。

Targets: Patients with inflammatory arthritis

對象：慢性風濕病患者

	<u>2021/22</u>	<u>2022/23</u>
<b>Session 節數:</b>	<b>32</b>	<b>48</b>
<b>No. of patient sessions</b>		
<b>人次</b>	<b>212 (57 patients)</b>	<b>288 (68 patients)</b>

### OSC Programme - Hydrotherapy Class 1 April 2022 to 31 March 2023

Total no. of new referral cases 新個案總數: 33 (22)

Reasons for withdrawal 退出: Nil 無

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

Since 2013, the Centre has been conducting 4 exercise classes per week specifically designed for patients with musculoskeletal diseases.

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>2021/22</u>	<u>2022/23</u>
<b>Session 節數:</b>	<b>84</b>	<b>240</b>
<b>No. of patient sessions</b>		
<b>人次</b>	<b>140 (33 patients)</b>	<b>1278 (214 patients)</b>

### JC - PT Exercise Class

1 April 2022 to 31 March 2023

Total no. of new referral cases 新個案總數: 44 (20)

2022/23 Online	No. of classes	Total no. of participants	New comers	Repeaters	No. of withdrawals
(2021)	(5)	(27)	(22)	(5)	(1)
2022 Zoom Phase 1	1	7	0	7	0
2022 Zoom Phase 2	1	7	0	7	0
2022 Zoom Phase 3	1	8	0	8	0
2022 Zoom Phase 4	1	5	0	5	0
2022 Zoom Phase 5	1	3	0	3	0
2022 Zoom Phase 6	1	4	0	4	0
2022 Zoom Phase 7	1	3	0	3	0
2022 Zoom Phase 8	1	4	0	4	0
Total	8	41	0	41	0
2022/23 Face-to-face	No. of classes	Total no. of participants	New comers	Repeaters	No. of withdrawals
(2021)	(22)	(122)	(33)	(89)	(2)
Center Phase 1	5	26	12	13	0
Center Phase 2	5	30	6	19	0
Center Phase 3	5	29	7	22	0
Center Phase 4	5	26	3	23	0
Center Phase 5	2	9	0	9	0
Center Phase 6	5	24	5	19	0
Total	27	144	33	105	0
Kornhill Phase 1	2	11	3	8	0
Kornhill Phase 2	1	5	2	3	0
Kornhill Phase 3	2	12	6	6	0
Total	5	28	11	17	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

	<u>2021/22</u>	<u>2022/23</u>
<b>No. of patient sessions 人次:</b>	<b>0</b>	<b>5</b>

### 1 April 2021 to 31 March 2022

Total no. of new referral cases 新個案總數: 5 (0)

Enrolled 登記: 4 (0)

Withdrawn 退出: 0 (0)

Total no. of sessions 總節數: 4 (0)

Total no. of splints made 復康支架完成: 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。

	<u>2021/22</u>	<u>2022/23</u>
<b>No. of applications approved 獲批申請:</b>	<b>36</b>	<b>25</b>
<b>No. of beneficiaries 受惠人數:</b>	<b>22</b>	<b>19</b>
<b>Average subsidy amount 平均資助額:</b>	<b>HK\$4,548 per patient</b>	<b>HK\$3,374.86 per patient</b>
<b>Total subsidy amount 總資助額:</b>	<b>HK\$100,066.40</b>	<b>HK\$84,371.40</b>

### 1 April 2022 to 31 March 2023:

Total no. of applications 申請總數: 29 (36)\*

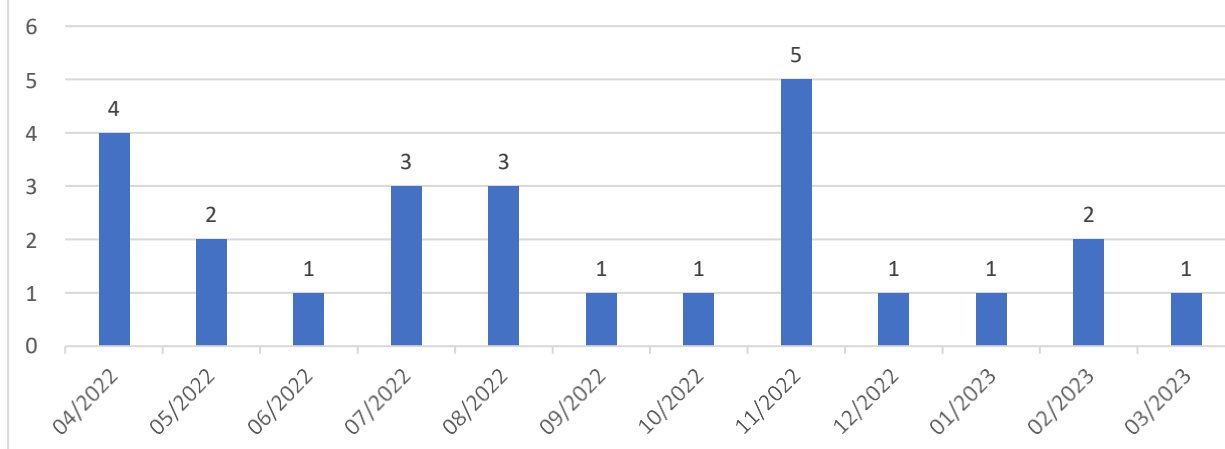
Approved 獲批: 25 (36)

Withdrew/Rejected 撤回/拒絕: 4 (0)

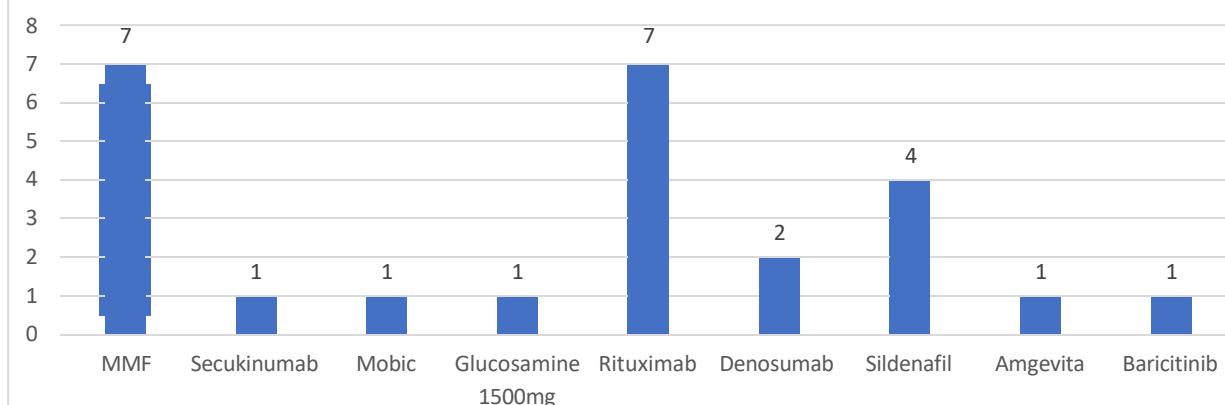
Total no. of patients benefited 受惠人數: 19 (including 5 new patients 包括 5 名新病人)  
(22, 5 new patients 5 名新病人)

Total amount 總額: HK\$84,371.40 (HK\$100,066.40)

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>2021/22</u>	<u>2022/23</u>
<b>No. of application approved 批核申請:</b>	<b>0</b>	<b>1</b>
<b>Total cost of subsidized medications 總支援藥物金額</b>	<b>HK\$0</b>	<b>HK\$5,000</b>

### 1 April 2022 to 31 March 2023:

Total no. of applications 申請總數: 1 (0)

Approved 獲批: 1 (0)

Rejected 拒絕: 0 (0)

Total amount 總資助金額: HK\$5,000 (HK\$0)

## Activity Fund 風濕病患者活動資助計劃

Rheumatic disease self-help groups have the opportunity to apply for the HKARF Activity Fund to organize functions for their members. Since 2016, the maximum funding amount has increased from HK\$5,000 to HK\$8,000 per year. Starting from March 2023, the upper limit of the Activity Fund amount has been adjusted to HK\$10,000.

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。2023 年 3 月調整資助金額上限由港幣 8,000 元提高至港幣 10,000 元。

	<u>2021/22</u>	<u>2022/23</u>
<b>No. of grant approved 已批資助數目:</b>	0	1
<b>No. of beneficiaries 受惠人數:</b>	0	1
<b>Total amount 總資助金額:</b>	HK\$0	HK\$10,000

### 1 April 2022 to 31 March 2023:

Total no. of applications 申請總數: 1 (0)

Approved 獲批: 1 (0)

Case No.	Association 組織	Approved Date 獲批日期	Estimated no. of participants 預計參加人數	Supported Amount 資助額
A61	HKASA	15 March 2023	179	HK\$10,000

## 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>2021/22</u>	<u>2022/23</u>
<b>No. of beneficiaries 受惠人數:</b>	205	180
<b>Total cost of subsidized medications 總支援藥物金額</b>	HK\$7,145,634	HK\$6,117,664

### 1 April 2022 to 31 March 2023:

Total no. of applications 申請總數: 180 (205)

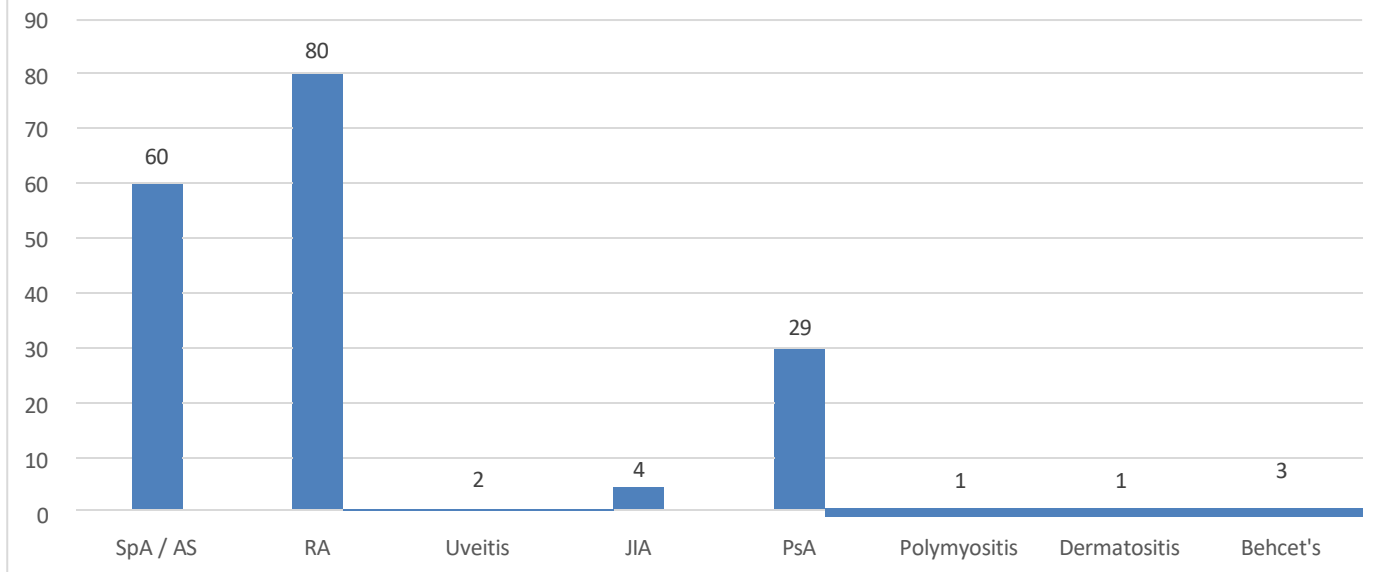
Approved 獲批: 180 (205)

Withdrawn 撤銷/Rejected 拒絕: 0 (0)

Total no. of new applicants 新申請人數: 36 (57)



## 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)

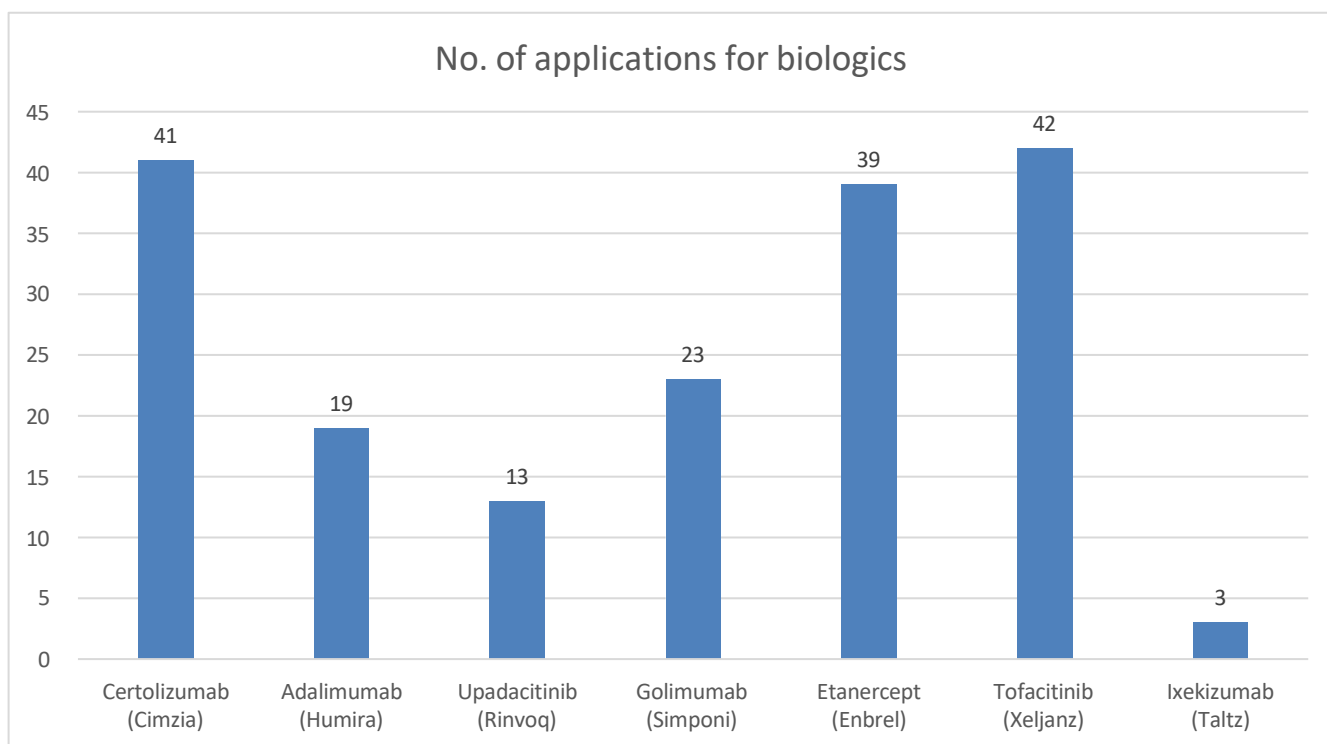
PsA – Psoriatic Arthritis (銀屑病關節炎)

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)



Difficulty Level for Certolizumab (Cimzia®)	
Level 1 (1+1)	37
Level 2 (2+1)	3
Level 3 (3+1)	1
Total	41

Difficulty Level for Adalimumab (Humira®)	
Level 1 (1+1)	16
Level 2 (2+1)	3
Total	19

Difficulty Level for Upadacitinib (Rinvoq®)	
Level 1 (2+1)	10
Level 2 (3+1)	3
Total	13

Difficulty Level for Golimumab (Simponi®)	
Level 1 (1+1)	16
Level 2 (2+1)	4
Level 3 (3+1)	3
Total	23

Difficulty Level for Etanercept (Enbrel®)	
Level 1 (1+1)	37
Level 2 (2+1)	2
Total	39

Difficulty Level for Tofacitinib (Xeljanz®)	
Level 1 (2+1)	38
Level 2 (3+1)	4
Total	42

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

## Pilot Scheme for Therapeutic Ceramics Classes 陶瓷手作體驗課程

It is proven that art not only helps improve people's mood, but also cultivates their temperament. In view of this, the Hong Kong Arthritis and Rheumatism Foundation Ltd launched for the first time handmade ceramics classes that combined therapeutic elements in December 2022 in two districts, Prince Edward and Quarry Bay. In these ceramics classes, art became a therapeutic medium engaging the patients in pottery making which helped to relieve their joint pain, strengthen their finger muscles, and also allow them to relax physically and mentally. This was great news for patients who had been looking forward to art activities for a long time! Rheumatic patients would learn to master pottery making skills under the guidance of a ceramics instructor. They would create their own piece of work after four lessons. Therapeutic elements were also incorporated into the teaching. Professor Cecilia W.P. Li-Tsang, a registered occupational therapist and Professor, Department of Rehabilitation Sciences, Hong Kong Polytechnic University, would assess daily living functioning and psychological health of the participants before and after



class. Before the class, each participant would receive a box of therapy. Professor Li would provide participants guidance in doing hand joint-relieving exercises during the class and participants were asked to perform these exercises with the therapy after class. The classes were warmly received by rheumatic patients and all places for the classes in 2023 had been filled up. We sincerely thanked everyone for the enthusiastic support and participation and hoped that the post-class evaluation would prove the effectiveness of these classes in improving daily life hand-joint functions and mental quality of the rheumatic patients.

藝術不但有助改善情緒，更可以陶冶性情。



有鑑於此，香港風濕病基金會於2022年12月於太子及鰂魚涌首次開辦結合治療元素的陶瓷手作體驗課程。參加者在投入製作陶器的同時，藝術成了治療的媒介，讓患者可舒緩關節疼痛，加強手指肌肉的功能，令身心得到放鬆。對期待藝術活動已久的病友而言是一大的好消息！風濕病患者在陶瓷師的指導下掌握製作陶器的技巧，完成四節的課堂後可製作出一件陶瓷作品。此課程亦結合了治療的元素。香港理工大學醫療及社會科學學院香港註冊職業治療師李曾慧平教授會於課堂前後為參加者就日常功能與心理健康方面進行評估。參加者於上課前可獲贈練力膠一盒，在每節課堂後讓參加者能使用練力膠進行由李教授指導的舒緩手部關節運動。承蒙各位風之友鼎力支持及參與，2023年各陶瓷手作體驗課程的名額已滿。基金會由衷感謝各位的踴躍支持和參與，基金會期盼於課程後的評估可反映到此課程對風濕科病人於改善日常手部關節功能及心靈素質之效用。

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

### 結合治療元素的 陶瓷手作 體驗課程

風濕病患者在陶瓷師的指導下掌握製作陶器的技巧，完成4節課堂後可製作出一件陶瓷作品。此課程亦結合了治療的元素。職業治療師會於課堂前後為參加者就日常功能與心理健康方面進行評估。在每節課堂前，職業治療師亦會帶領參加者使用練力膠進行熱身運動。

參加者在投入製作陶器的同時，藝術成了治療的媒介，讓患者可舒緩關節疼痛，加強手指肌肉的功能，令身心得到放鬆。

逢星期五	逢星期六
日期：2022年12月2、9、16、23日 2023年1月6、13日、2月3、10日 2023年2月17、24日、3月3、10日	日期：2022年12月3、10、17日、2023年1月7日 2023年1月14、21、28日、2月4日 2023年2月11、18、25日、3月11日
時間：3pm至5pm	時間：10am至12pm
陶室：鰂魚涌英皇道661號源中心16樓2室 (鰂魚涌地鐵站C出口)	陶室：太子道西 274B - 274C (伯爵街巴士站下車)

收費：\$200 (領取經提人士半價)  
對象：慢性風濕病患者 (歡迎各病人自助組織或小組踴躍參加)

- 全期課程共4堂，每星期1堂
- 每堂最多6位參加者

參加方法：請於11月14日或之前  
掃描右方QR code報名  
\*每位參加者可以獲得一盒練力膠，於課堂前後訓練手指肌肉

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



## Patient Support Services 病患者支援服務

### Arthritis Buddy Helpline 風知己朋輩熱線電話

HKARF's well-trained arthritis volunteers provide psychological and peer support for patients 4 days a week, from Tuesday to Friday, between 2pm and 5pm. The majority of inquiries pertain to 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。

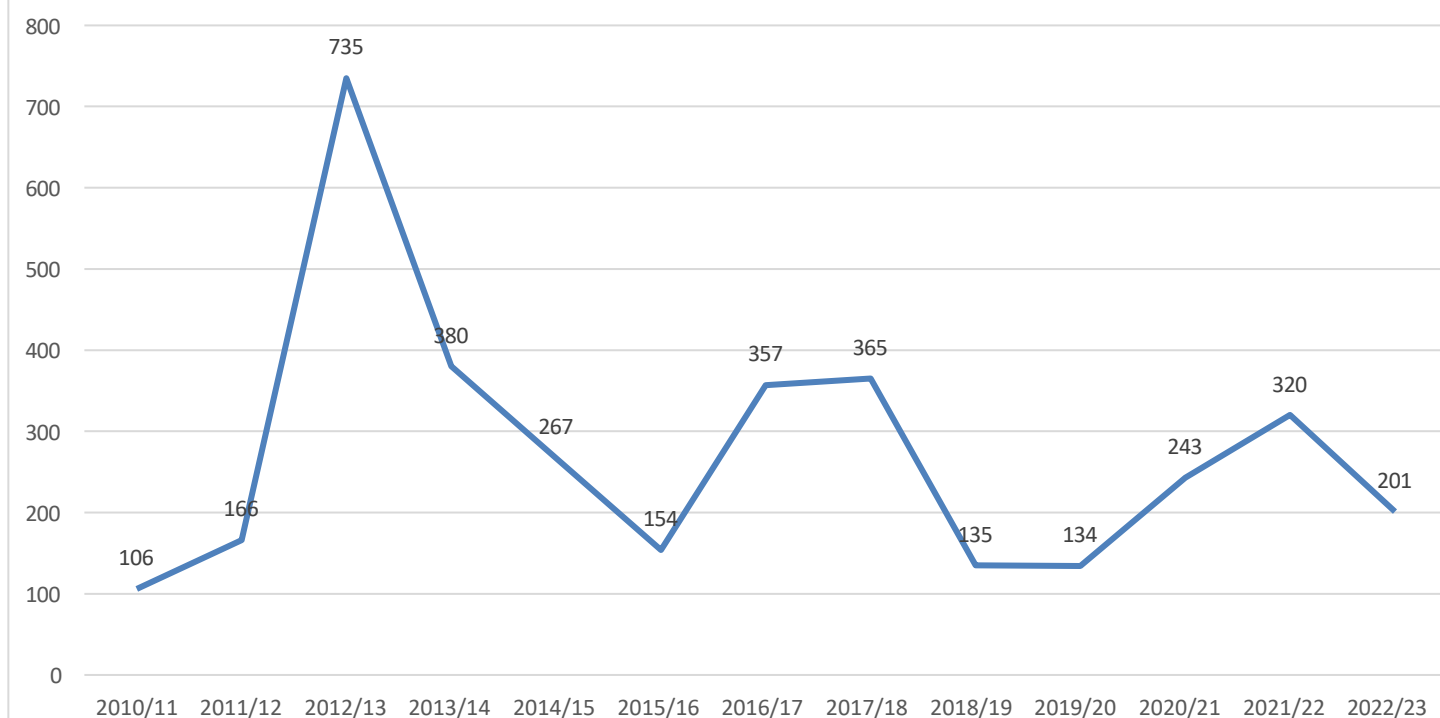
**No. of telephone inquiries 來電數目:**

	<u>2021/22</u>	<u>2022/23</u>
	<b>320</b>	<b>201</b>

1 April 2022 to 31 March 2023:

	(2021/22)	2022/23 2346 6336 (office line)	2022/23 2346 2999 (Arthritis Buddy Helpline)	2022/23 Total
Total no. of incoming calls	(320)	108	93	201
Total minutes	(3,721 mins)	1163.5 mins	2,086 mins	3249.5 mins
Average duration of call	(11.63 mins)	10.77 mins	22.43 mins	16.17 mins

No. Of Telephone Inquiries Over Years



## 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 2022/23.

### 香港風濕病基金會/香港風濕病學會獎學金

香港風濕病基金會/香港風濕病學會獎學金提供資助予風濕病專科醫生及輔助醫療專業人員到海外接受培訓。

申請人必須是接受風濕病學培訓的全職醫生或全職輔助醫療專業人員，包括參與風濕病學服務的護士、職業治療師、物理治療師和營養師。就學員而言，只有在香港內科醫學院接受督導訓練課程的風濕病學學員才有資格申請。申請截止日期為每年 7 月 31 日。2022/23 年沒有任何申請。

### 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. 16 was published in November 2022 and the topic was on Rheumatoid Arthritis Management. 500 copies were printed.

《CHARM》為風濕科專業人士提供風濕病的最新資訊。其中「C」代表照顧 Care，「H」代表健康 Health，「A」代表關節炎 Arthritis，「R」代表風濕病 Rheumatism，「M」則代表管理 Management。此通訊於 2009 年 2 月首次發行。每期探討風濕病學、兒童風濕病學、骨科手術、物理治療、職業治療和風濕病學護理等跨學科主題，旨在提升讀者的臨床實踐能力。第 16 期《CHARM》已於 2022 年 11 月出版，題目為《風濕性關節炎管理》，共印刷了 500 份。

### 3) Multidisciplinary Educational Talk

Hong Kong Arthritis & Rheumatism Foundation Limited, Department of Biomedical Sciences, City University of Hong Kong, Hong Kong Occupational Therapy Association, and the University of Hong Kong Bachelor of Chinese Medicine (Full-time) Alumni Association co-organized a Multidisciplinary Educational Talk on Saturday, August 6th, 2022, from 2pm to 5:30pm. The topic of the talk was Advances in Surgical Management of Established Rheumatoid Arthritis. 182 healthcare professionals involved in the management of patients with rheumatic diseases participated.

香港風濕病基金會、香港城市大學生物醫學系、香港職業治療學會，以及香港大學中醫全科學士(全日制)校友會於 2022 年 8 月 6 日（星期六）下午 2 時至 5 時 30 分聯合舉辦了一場跨學科教育講座，主題為《確診類風濕性關節炎的外科治療進展》。共 182 位風濕科專業人士參與是次講座。




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



## HKARF SCIENTIFIC COMMITTEE MULTIDISCIPLINARY EDUCATIONAL TALK

ADVANCES IN SURGICAL MANAGEMENT OF ESTABLISHED RHEUMATOID ARTHRITIS

Date: 6 August 2022 (Sat) Time: 2:00pm - 5:30pm  
**E-conference**

Language: Cantonese / English  
 Registration: Free of charge (by registration only)  
 Audience: Healthcare professionals engaged in the management of patients with rheumatic diseases Academic Accreditation

CME (Chinese Medicine) : 3  
 CNE (Nursing) : 3  
 CPD (Physiotherapy) : 3  
 CPD (Occupational Therapy) : 3

co-organizers:  





**Zoom Webinar**  
 Online Registration:  
 Delegates are recommended to register online. Please complete the registration form using the QR Code. Each registered delegate will receive a registration confirmation by email.  
 Inquiry: Hong Kong Arthritis & Rheumatism Foundation Tel: 2346 6336 Email: mail@hkarf.org



HKARF Scientific Committee Multidisciplinary Educational Talk Advances in Surgical Management of Established Rheumatoid Arthritis (E-conference)		
TIME	TOPIC	SPEAKER
12:45 - 13:55	Reception	
13:55 - 14:00	Welcome Speech	Dr. Mok, Mo Yin Terry Convenor, Scientific Committee, Hong Kong Arthritis & Rheumatism Foundation; Associate Professor, Department of Biomedical Sciences, City University of Hong Kong
14:00 - 14:15	Chronic joint damage in long-term rheumatoid arthritis	Dr. Mok, Mo Yin Terry Convenor, Scientific Committee, Hong Kong Arthritis & Rheumatism Foundation; Associate Professor, Department of Biomedical Sciences, City University of Hong Kong
14:15 - 14:40	Surgical intervention for peripheral joint deformities in rheumatoid arthritis	Dr. CHEUNG, Steve Man Hong Clinical Assistant Professor, Department of Orthopaedics and Traumatology, Li Ka Shing Faculty of Medicine, The University of Hong Kong
14:40 - 15:05	Management of Cervical Spine Problems in Rheumatoid Arthritis	Dr. KWAN, Kenny Yit Hong Clinical Assistant Professor, Department of Orthopaedics and Traumatology, Li Ka Shing Faculty of Medicine, The University of Hong Kong
15:05 - 15:30	Awareness of clinical practice and rehabilitation of the patient with cervical injury	Mr. Lam Yuet Man, Raymond FHKAN(Orthopaedic), Registered Nurse, Orthopaedics & Rehabilitation, Spinal Rehabilitation Centre, Kowloon Hospital, Hospital Authority
15:30 - 15:55	Occupational Therapy interventions for Rheumatoid Arthritis	Mr. LAU Chan-Kit, Lewis Registered Occupational Therapist, Queen Elizabeth Hospital
15:55 - 16:20	中醫針灸推拿在類風濕關節炎治療中的應用	Miss Lee See Wa Registered Chinese Medicine Practitioner, The Hong Kong Tuberculosis Association - The University of Hong Kong Chinese Medicine Clinic cum Training and Research Centre (Southern District)
16:20 - 16:45	Physiotherapy for spinal cord injury after surgery - a case sharing: from bed bound and ventilator dependent to walking with exoskeleton	Mr. Chan Chiang Nan, Simon Registered Physiotherapist (Hong Kong) Physiotherapist I, MacLehose Medical Rehabilitation Centre, Hospital Authority
16:45 - 17:00	Q&A	



# FINANCE & FUNDRAISING COMMITTEE

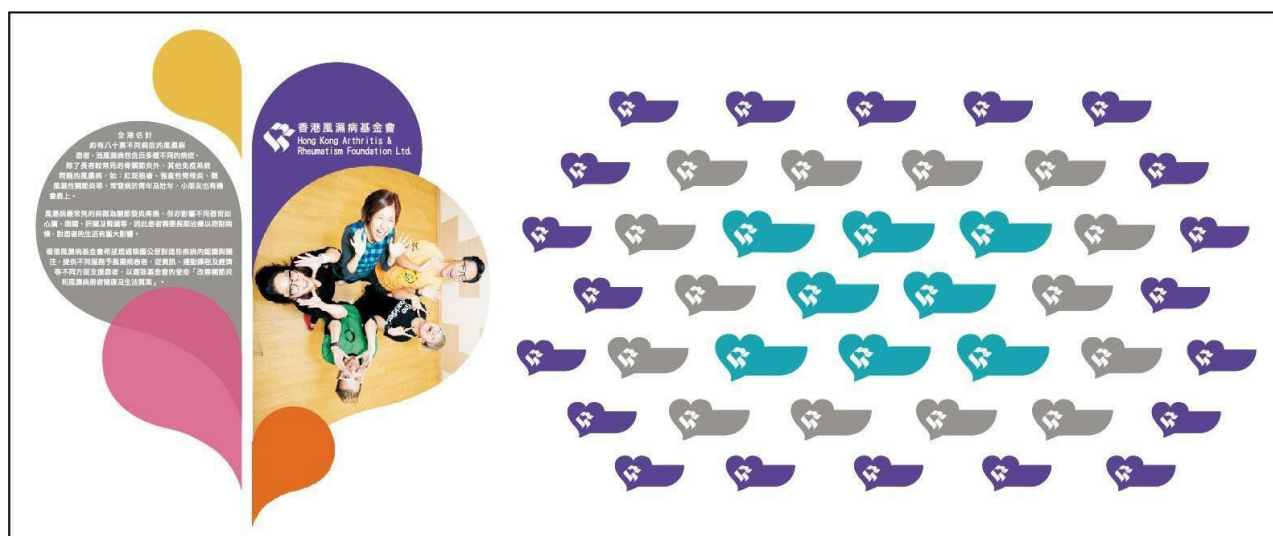
## 財務及籌募委員會

### 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：

<b>Gold Sponsorship 金贊助</b>	Eli Lilly Asia, Inc.	美國禮來亞洲公司
	GSK Limited	葛蘭素史克有限公司
<b>Silver Sponsorship 銀贊助</b>	AbbVie Limited	艾伯維
	Mr. CHAN Kar Lok	陳家樂先生
	Eli Lilly Asia, Inc.	美國禮來亞洲公司
	Fresenius Kabi Hong Kong	費森尤斯卡比
	GSK Limited	葛蘭素史克有限公司
	Dr. Lee, Ka Wing Gavin	李家榮醫生
	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
	UCB Pharma (Hong Kong) Ltd.	香港許瓦茲有限公司
<b>Copper Sponsorship 銅贊助</b>	Amgen Hong Kong Limited	安進香港
	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



## HKARF Walkathon and Education Carnival (Rotary Day)



Hong Kong Arthritis & Rheumatism Foundation is delighted to announce the successful holding of the Walkathon and Education Carnival (Rotary Day) at Hong Kong Science Park on December 31, 2022.

This significant event was jointly organized by the Foundation and Rotary International District 3450. We sincerely thank Mr. Patrick Nip, former Secretary for the Civil Service, Dr. David Lam, member of LegCo, and Professor Gilberto Leung,

President of the Hong Kong Academy of Medicine, for their strong support of the event.

We are immensely thankful for the continuous support from various friendly organizations, including the Hong Kong Society of Rheumatology, the Hong Kong Society for Rehabilitation Community Rehabilitation Network (CRN), the sponsors, and self-help groups for patients, as well as the enthusiastic participation and assistance from volunteers.



A total of over HK\$690,000 was raised during the event. There were over 200 walkers from Rotary International District 3450, various patient self-help groups, and the general public. The day's activities also included multiple educational seminars, and the Foundation is grateful to all the guest speakers for taking time out of their busy schedules to participate. We also organized booths with tremendous support from rheumatologists, rheumatology nurses, patient

self-help groups, volunteers, CRN, Foundation colleagues, and other professionals. This provided an opportunity for participants to come together, celebrate Chinese New Year, and learn about the work of the Foundation and different community resources. Approximately 400 cases underwent screening for ultrasound, bone mineral density, BMI, blood pressure, oxygen levels, fat percentage, height and weight, physical age, and visceral fat. Over 800 participants had a great time on this enjoyable and joyous Saturday.

扶輪服務日 扶輪香港超級馬拉松已於2022年12月31日在香港科學園順利舉行，全日活動逾800人參與。基金會由衷感謝國際扶輪社3450地區、公務員事務局前局長聶德權先生、立法會議員林哲玄先生、香港醫學專科學院主席梁嘉傑教授對活動的鼎力支持，當日亦舉辦多場教育講座，感謝各位嘉賓於百忙之中抽空出席擔任講座講者。基金會亦藉此機會感謝各個友好團體及病人自助組織一直以來的支持，以及一眾義工的熱心參與及協助。

## Accounting System Revamp

We are pleased to announce the successful implementation of our new accounting system, MYOB. This upgrade will significantly enhance our finance record system and streamline the reporting process for our team. We would like to express our gratitude to our dedicated accountant volunteer, Ms. Choy, Nga Wai, and our outsourced accountant, Ms. Yvonne Cheung, for their invaluable assistance in making this transition smooth and efficient. With the new accounting system in place, we anticipate improved financial management and increased sustainability in our reporting practices.

我們購置了新的會計系統MYOB。是次升級將顯著強化我們的財務記錄系統，並簡化我們團隊的報告流程。我們由衷感謝會計師蔡雅慧女士和張耀恩女士的協助。隨著新會計系統的運行，我們預料將可優化財務管理和報告撰寫等方面。

### 1. PayPal Online Donation Platform

The Foundation has initiated the online donation platform through PayPal since March 2013 which emphasizes the convenience. In 2022/23, a total of HK\$10,072.21 was collected.

PayPal 網上捐款平台

基金會由2013年3月開通便捷的PayPal 網上捐款平台，2022/23年度共收到捐款10,072.21港元。

### 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 and BOC accounts. A total of HK\$329,891.61 was collected using this donation method. The account information and mailing address are shown on HKARF website.

劃線支票及銀行直接存款

捐助人可以將劃線支票直接郵寄到基金會南山邨中心及直接存款到基金會HSBC或BOC戶口，詳情可參閱網頁。用兩種方式共收到捐款329,891.61港元。



## COLLABORATION WITH 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 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 Hong Kong Society for Rehabilitation Community Rehabilitation Network. Together, we have organized public education activities, including educational talks and self-management training, for 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。

## 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.

Some members of patient groups' Executive Committees have been invited to attend our subcommittee meetings and Executive Committee meetings. Their presence allows them to provide valuable advice from the perspective of patients and gain a comprehensive understanding of our Foundation's latest work reports. This collaborative approach ensures that our initiatives are informed by patient insights and aligned with their needs.

Whenever we organize charity and educational events, we make it a point to invite patients from patient groups to attend, and some of them graciously volunteer to participate. In our Hydrotherapy class, we also have the privilege of having some patients serve as peer leaders. These peer leaders play a vital role in assisting with coordination, strengthening the network, and fostering bonds among patients.

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。



我們邀請了一些病人組織執行委員會的委員列席我們的附屬委員會和執行委員會會議。他們從病患的角度出發，為我們提供寶貴建議，並從而了解我們基金會的最新工作。此合作方式確保我們的工作能滿足病人的真正需要。

每當我們組織慈善和教育活動時，我們也會誠邀各病人組織的患者參加。有些亦擔任我們水療課程的班長，致力協調、加強病患之間的聯繫。

## COLLABORATION WITH NGOS

### 與非政府組織的合作

People Service Centre Limited

民社服務中心

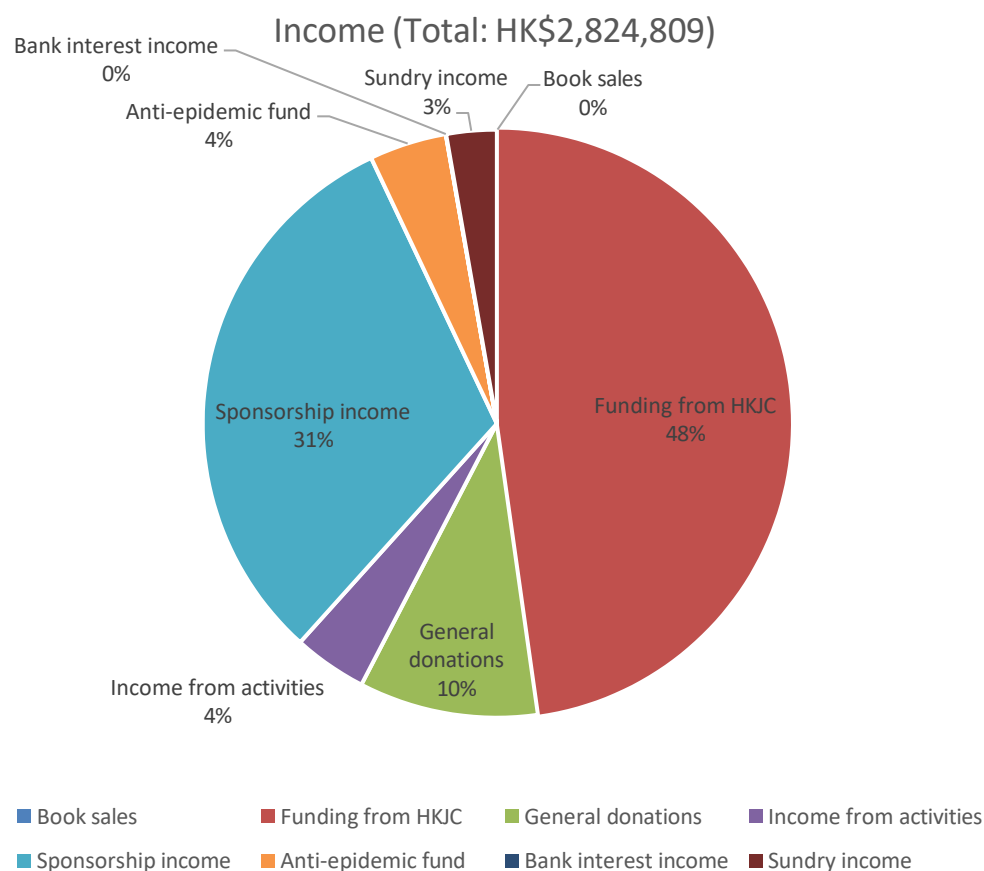
Our Foundation collaborates with People Service Centre Limited to promote rheumatic disease management at the district level, such as organizing self-management programmes for osteoarthritis (OA) patients. Our Executive Officer actively participates in their executive committee meetings to exchange ideas and foster collaboration.

基金會與民社服務中心緊密合作，在地區層面上推廣風濕病管理，例如共同協辦專門為骨關節炎患者而設的自我管理課程。我們的行政主任亦列席他們的執行委員會會議，交流想法，並促進合作。

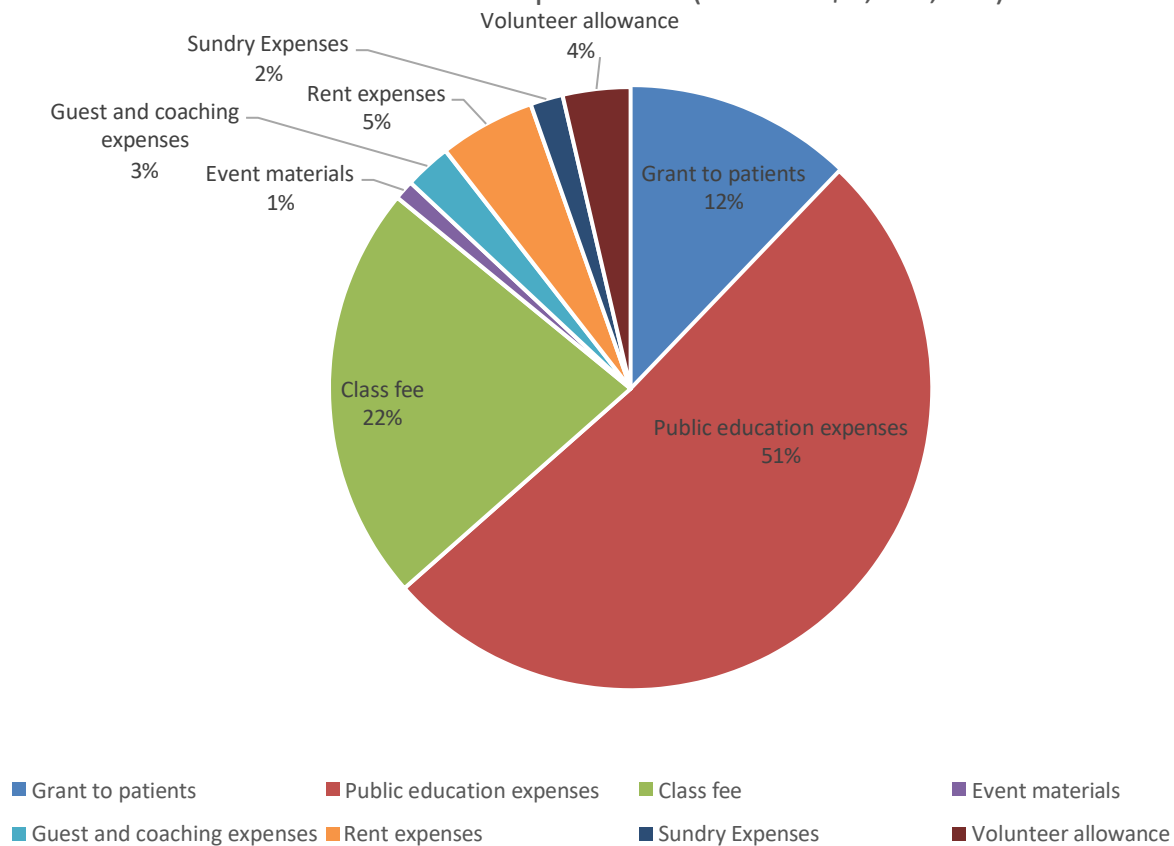
# FINANCIAL REPORT 財務報告

## HIGHLIGHTS OF FINANCIAL ACTIVITIES (FOR THE YEAR ENDED 31 MARCH 2023)

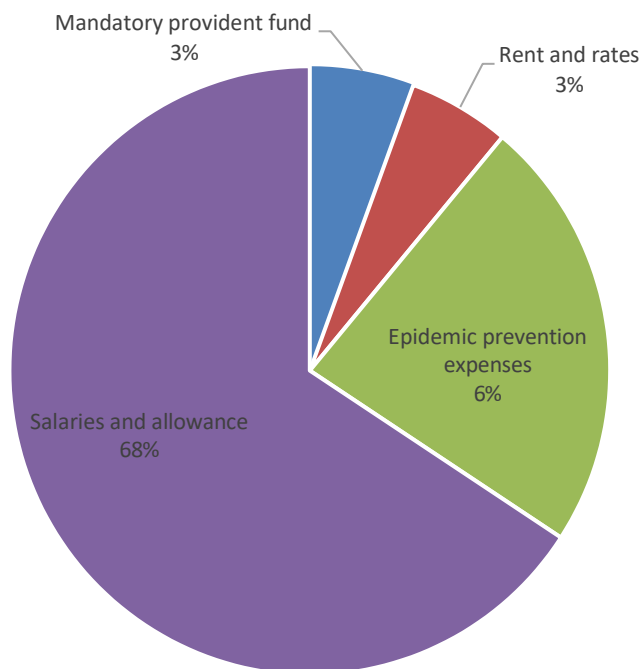
財務活動要點（截至 2023 年 3 月 31 日）



### Patients' Service Expenditure (Total HK\$1,050,664)



### Major Administrative Expenditure (Total: HK\$2,255,546)



\* For salaries, 62.8% was supported by JC (HK\$961,942.30 out of HK\$1,531,535)

\*香港賽馬會支持了總薪金開支的62.8% (港幣1,531,535中的港幣961,942.30)

■ Mandatory provident fund ■ Rent and rates ■ Epidemic prevention expenses ■ Salaries and allowance

*Duties of staff by percentage of time spent at work:***Executive Officer (EO) (Jockey Club supports 30% of the salary.)**

Office Management: 25%

Foundation Strategic Planning (including funding application): 15%

Subcommittee Work

Fundraising and Finance: 15%

Scientific: 15%

Patient Support: 15%

Education: 15%

**Programme Officer (PO) (Jockey Club supports 70% of the salary.)**Subcommittee Work

Patient Support: 40%

Fundraising and Finance: 15%

Education: 10%

Administration Work 20%

Reply enquiry 15%

**Social Worker (SW) (Jockey Club supports 100% of the salary.)**Subcommittee Work

Education: 40%

Patient Support: 20%

Fundraising and Finance: 15%

Administration Work 15%

Reply enquiry 10%

**Part-Time Administrative Assistant/Accountant**

Fundraising and Finance: 100%

**Programme Assistant (PA) (Jockey Club supports 100% of the salary.)**Subcommittee Work

Education: 40%

Patient Support: 20%

Fundraising and Finance: 15%

Administration Work 15%

Reply enquiry 10%

**Part-Time Administrative Assistant (PT AA)**Subcommittee Work

Patient Support: 80%

Administration Work 10%

Reply enquiry 10%

**Part-Time Administrative Assistant (PT AA)**Subcommittee Work

Patient Support: 80%

Administration Work 10%

Reply enquiry 10%

**General Service Assistant**

Provide cleaning services 100%



# STATEMENT OF PROFIT/LOSS AND OTHER COMPREHENSIVE INCOME (FOR THE YEAR ENDED 31 MARCH 2023)

	2022/23 HKD	2021/22 HKD
<b>Income</b>		
Book sales	2,227	2,048
Funding from HKJC	1,347,056	1,544,136
General donations	278,290	367,493
Income from activities	114,130	1,559,430
Sponsorship income	884,450	1,284,520
	<b>2,626,153</b>	<b>4,757,627</b>
<b>Other income</b>		
Anti-epidemic fund	120,000	-
Bank interest income	561	16
Sundry income	78,095	28,415
	<b>198,656</b>	<b>28,431</b>
<b>Activities expenditure</b>	<b>(383,571)</b>	<b>(596,595)</b>
<b>Administrative expenses</b>		
Auditor's remuneration	10,300	10,000
Bank charges	1,344	346
Computer expenses	19,356	10,608
Courier	31,239	4,332
Company secretary fees	47,750	9,005
Cleaning	22,714	13,702
Depreciation	43,437	39,764
Electricity, water and gas	23,129	18,332
Epidemic prevention expenses	130,464	-
Grant to patients	127,672	102,319
Insurance	59,717	12,632
Mandatory provident fund	73,565	72,130
Office Equipment	6,720	-
Printing, postage and stationery	48,651	43,263
Public education expenses	539,421	847,171
Recruitment	5,824	9,526
Rent and rates	68,300	68,300
Repairs and maintenance	28,973	19,991
Refreshment and souvenirs	20,992	-
Salaries and allowance	1,531,535	1,336,261
Storage fees	11,671	26,908
Sundry expenses	33,998	9,595
Transportation	5,458	-
Telephone and internet	30,409	24,407
	<b>(2,922,639)</b>	<b>(2,681,702)</b>
<b>(Deficit) / Surplus before tax</b>	<b>(481,401)</b>	<b>1,507,761</b>

## LOOKING AHEAD 展望將來

Looking ahead, Hong Kong Arthritis & Rheumatism Foundation will continue our efforts to collaborate with our rheumatic counterparts in exploring new and meaningful ways to foster collaboration with patients in the community. This is aimed at maximizing the utilization of new disease management methods and knowledge that emerge.

展望未來，香港風濕病基金會將繼續致力與風濕科相關的合作夥伴攜手，探索嶄新及有意義的管理疾病方式及知識應用，並促進與患者的協作。

## APPENDIX

### LIST OF ACTIVITIES 2022/23

Date	Event	Committee
2022-2023	Hydrotherapy Programme	Patient Support Committee
2022-2023	Arthritis Self-management Programme (Online)	Education Committee
April 2022	PT Exercise Classes (Online)	Patient Support Committee
19 April 2022	Rheumatic Meeting Room 風濕會客室 Rheumatism and Pulmonary Hypertension : Cause and Diagnosis Speaker: Dr. Fan, Yue Yan, Katherine (Cardiologist) and Dr. Wong, Ching Han Priscilla (Rheumatologist) No. of engagements: 239 No. of views: 20,043	Education Committee
May 2022	Peer Voluntee Value-added (Online) Training Course	Education Committee
28 May 2022	Jockey Club Community Sustainability Fund Rheumatologic Disease Online Education Programme Rheumatic Patients and Sleep Issue – Finding Solutions for Quality Sleep Speakers: Dr. Chung, Ho Yin James (Rheumatologist), Ms. Lai, Wing Nga Eunice (Clinical Hypnotherapist) and Ms. Lee, Shuk Fan (patient)  No. of engagements: 534 No. of views: 5370	Education Committee
June 2022	PT Exercise Classes (Face to Face)	Patient Support Committee
25 June 2022	Neck Pain 《都市痛症面面觀 – 頸部疼痛》講座	Education Committee

Speakers: Dr. Ho, Chi Kwan Carmen  
(Rheumatologist) and Dr. Chu, Man Lai Mary  
(Occupational Therapist)  
No. of peak views : 70

July 2022	Approved COVID-19 Emergency Fund	Patient Support Committee
15-17 July 2022	Rheumatic Disease Exhibition – The Power Of Art Exhibition (Plaza Hollywood in Diamond Hill)	Education Committee
July – September 2022	Activity Design and Self-management Skills Training	Education Committee
1 August 2022	Newsletter – Arthritis Care Vol. 35 No. of issues: 5,000	HKARF
6 August 2022	HKARF Scientific Committee Multidisciplinary Educational Talk : Advances in Surgical Management of Established Rheumatoid Arthritis No. of participants : 182 healthcare professionals	Scientific Committee
20 August 2022	Jockey Club Community Sustainability Fund Rheumatologic Disease Online Education Programme  Rheumatism and Birth Speakers: Dr. Chan, Chiu Wai Shirley (Rheumatologist), Ms. Cheng, Shuk Yee (Nurse) and Ms. Sisy (Patient) No. of engagements: 195 No. of views: 16,200	Education Committee
26-31 August 2022	Rheumatic Disease Exhibition – The Power Of Art Exhibition (H6 CONET in Central)	Education Committee
30 August 2022	Rheumatic Meeting Room 風濕情報站 Rheumatism and Pulmonary Hypertension : New Treatment Methods Speakers: Dr. Fan, Yue Yan, Katherine (Cardiologist) and Dr. Wong, Ching Han Priscilla (Rheumatologist) No. of engagements: 237 No. of views: 14,320	Education Committee
August – October 2022	Peer Tutor Training Programme	Education Committee

	Jockey Club Community Sustainability Fund Rheumatologic Disease Online Education Programme	
24 September 2022	Rheumatic Patients and COVID-19 – Self-care After Diagnosis Speakers: Dr. Li, Wai Ling (Rheumatologist), Ms. Tang, Lai Man (Nurse) and Ms. Li, Yin Han (Guest Host) No. of engagements: 324 No. of views: 7,528	Education Committee
October 2022	Hydrotherapy restarted at Caritas Harold H.W. Lee Care and Attention Home and the Centre on Health & Wellness	Patient Support Committee
October 2022	Research on Home-based Exercise for Patients with COVID in Rheumatology	Patient Support Committee
8 October 2022	Rheumatic Meeting Room 風濕情報站 Treatment and Care of Rheumatoid Arthritis Complicated by Pulmonary Fibrosis Speakers: Dr. Yeung, Wan Yin Winnie (Rheumatologist) and Mr. Yiu, King Cheung (Patient) No. of engagements: 560 No. of views: 56,452	Education Committee
15 October 2022	International Arthritis Day & 20 <sup>th</sup> Anniversary Closing Ceremony	HKARF
22 October 2022	Rheumatic Meeting Room 風濕情報站 Do You Know About Herpes Zoster? Speakers: Dr. Chan, Pak To Eric (Rheumatologist) No. of engagements: 352 No. of views: 998	Education Committee
November 2022	CHARM Vol. 16 publication No. of issues: 500	Scientific Committee
26 November 2022	Hand Pain 《都市痛症面面觀 – 手部疼痛》講座	Education Committee

Speakers: Dr. Chan, Chiu Wai Shirley  
(Rheumatologist)

December 2022	Therapeutic Ceramics Class	Patient Support Committee
1 December 2022	Newsletter – Arthritis Care Vol. 36 No. of issues: 4,000	HKARF
4 December 2022	Patient Conference 2022	Education Committee
31 December 2022	HKARF Walkathon and Education Carnival (Rotary Day) at the Hong Kong Science Park	HKARF
4 February 2023	Jockey Club Community Sustainability Fund Rheumatologic Disease Online Education Programme  Is Psoriasis the Same as Psoriatic Arthritis? Speakers: Dr. Chung, Ho Yin James (Rheumatologist) and Dr. Lai, Yik Kiu Dominic (Dermatology and Venereology Specialist) No. of views: 1,132	Education Committee
3-6 March 2023	Rheumatic Disease Exhibition – The Power Of Art Exhibition (JCCAC in Shek Kip Mei)	Education Committee
11 March 2023	Jockey Club Community Sustainability Fund Rheumatologic Disease Online Education Programme  Is It Possible to Manage Rheumatic Joint Pain Without Taking NSAIDs Speakers: Dr. Ma, Kai Yiu (Rheumatologist) and Ms. Lui, Mei Shan (Advanced Practicing Nurse) No. of engagements: 257 No. of views: 7,523	Education Committee
11 March 2023	Leg Pain Talk 《都市痛症面面觀 – 腳部疼痛》講座 Speaker: Dr. Lee, Ka Wing Gavin (Rheumatologist) and Dr. Leung, Ka Kei (Associate Consultant of Department of Orthopedics and Traumatology)	Education Committee



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