



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

Annual Report

周年報告

2023/24

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 2024)

CONTENTS

Page

3	Objectives of the Foundation Chairman's Message
4	Governance
7	HKARF Jockey Club Patient Resource and Training Centre
8	Activities Undertaken and Results Achieved
	Education Committee:
	2023 Patient Conference
11	<u>Jockey Club Rheumatic Patient Rehabilitation and Education Programme</u>
15	Public Education Talks
17	Understanding Pulmonary Arterial Hypertension: A Heartfelt Connection Workshop Lung and Arthritis Awareness Fun Day
18	Rheumatic Friends Mindfulness Experience Camp International Conference of Chinese Rheumatologists ICCR 2024 Publications and Social Media
19	HKARF Facebook Page
22	Patient Support Committee:
	<u>Jockey Club Rheumatic Patient Rehabilitation and Education Programme</u>
	Hydrotherapy Physiotherapy Exercise Class
23	<u>Series of Innovative Patient Support Activities Supported by the Kadoorie Charitable Foundation</u> Ceramic Courses Incorporating Therapeutic Elements Pastel Nagomi Art Class
24	VR Project With School of Nursing and Health Studies at Hong Kong Metropolitan University Occupational Therapy
25	Financial Support Patient Support Fund
26	Emergency Support Fund Activity Fund
27	Expensive Drug Support Scheme (EDSS)
30	Patient Support Services: Arthritis Buddy Helpline Website Q & A, Email Enquiry and Facebook Enquiry
31	Scientific Committee: HKARF/HKSR Scholarship Newsletter for Healthcare Professionals: CHARM
32	Finance & Fundraising Committee: Donation Wall for Hydrotherapy
33	Financial Report
36	Collaboration With Counterparts
37	Looking Ahead
36	Appendix

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

All restrictions pertaining to COVID-19 were completely rescinded in March 2023. Hong Kong Arthritis & Rheumatism Foundation (HKARF) has been fortunate to engage in close collaboration with our esteemed rheumatic partners, whose unwavering faith and partnership have significantly bolstered our endeavours in patient support during the financial year 2023-2024.

Over the past year, our team has diligently advanced our patient support programme, scientific research, and educational initiatives, enhancing the connections and synergies among patients, patient self-help groups, community support networks, and HKARF. Thanks to the enthusiasm and support of the Kadoorie Charitable Foundation, we have been granted HKD 2.4 million to implement a two-year patient-needs-directed support programme in rheumatology, commencing in November 2023. This programme encompasses innovative disease management initiatives, including ceramic courses incorporating therapeutic elements, pastel nagomi art class for chronic rheumatism patients, and a VR project with School of Nursing and Health Studies at Hong Kong Metropolitan University. In addition to the long-supported hydrotherapy and physiotherapy programmes, we are pleased to see improvements in the physical and mental well-being of patients as they engage in these novel courses. The activities of the various subcommittees can be reviewed in the following sections of this report. We sincerely thank all partners for their enduring support of our work.

Dr. LEE Ka Wing Gavin

Chairman

Hong Kong Arthritis & Rheumatism Foundation Ltd

主席的話

所有與 2019 冠狀病毒病相關的防疫限制於 2023 年 3 月完全解除。我們十分榮幸能與我們的風濕科夥伴繼續緊密合作。他們的不懈信任與相互的合作於 2023-2024 財政年度中大大提高我們對病患者的支援力度。

於過去一年，團隊不懈努力推進我們的病患者支援計劃、科學研究及教育項目，增強病人、病人組織、社區支援網絡及基金會間的連繫及協同效應。承蒙嘉道理慈善基金會的熱忱和支持，基金會由 2023 年 11 月起獲批港幣二百四十萬元推展為期兩年的風濕科病人需求導向支援計劃。此計劃涵蓋嶄新的疾病管理項目，包括結合治療元素的陶瓷手作體驗課程、和諧粉彩體驗課程，以及與都會大學護理及健康學院合辦之虛擬實境治療體驗課程。除了獲病人們長久支持的水療及物理治療課程以外，樂見病人們嘗試這些嶄新的課程後身心素質得以改善。各附屬委員會的工作可於緊接報告內容中查閱。我們由衷感謝各夥伴對我們工作的長久支持。

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*

Prof. LAU Chak Sing, *JP (Founding Chairman)*

Mr. YAU Po Wing David

Dr. CHAN Tak Hin

方津生醫生

劉澤星教授 (創會主席)

游寶榮先生

陳德顯醫生

Honorary Advisors 名譽顧問:

Ms. CHAN Camilla

Dr. CHAN Ka Ho (Specialist in Rheumatology)

Ms. CHAN King Chu

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

Ms. CHAN Shirley

Ms. CHAU Mabel (Hong Kong Society for Rehabilitation)

Mr. CHENG Woon Sun Johnny

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

Ms. CHEUNG Wai Han Elsa

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

Prof. CHIU Peter (The University of Hong Kong)

Prof. CHOW Shew Ping (The University of Hong Kong)

Dr. CHU Mang Yee Eli (Occupational Therapist)

Dr. CHUNG Margaret (Regeneration Society)

Mr. HO On Tat Andy, *JP*

Dr. KUN Emily (Specialist in Rheumatology)

Mr. KWOK Wai Leung Stanley

Mrs. LAU Linda

Prof. LAU Yu Lung (The University of Hong Kong)

Dr. LEE Kai Yiu Anthony (Union Hospital)

Dr. LEE Tsz Leung (Hong Kong Children's Hospital)

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

Ms. LO Yuk Yee Kitty (Finet Group Ltd.)

Mr. NG Hang Sau (People Service Centre Limited)

Dr. NG Kam Hung Daniel

Mr. POON Peter (Physiotherapist)

Dr. WONG Woon Sing Raymond (Queen Mary Hospital)

Mr. YUNG Wing Ki Samuel (AIA Hong Kong)

陳劍淑女士

陳嘉何醫生

陳琮珠女士

陳麗雲教授

陳書琴女士

周敏姬女士

鄭煥新先生

卓歐靜美女士

張惠嫻律師

張偉良先生

曲廣運教授

周肇平教授

朱孟怡博士

鍾惠玲博士

何安達先生

靳惠蓮醫生

郭偉良先生

劉洪文燕女士

劉宇隆教授

李繼堯醫生

李子良醫生

李國銘教授

勞玉儀女士

伍杏修先生

吳錦鴻醫生

潘經光先生

黃煥星醫生

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 Chuck 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, OSLJ, 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

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: 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

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. LEE Kim Man Idy

Ms. LEUNG Christine

Prof. SO Ho

Ms. WONG Kam Fung

Ms. WONG Lam

Ms. WONG Sai Ha

嚴卓雲醫生

鄭淑儀女士

李儉汶女士

梁綺薇女士

蘇皓教授

黃金鳳女士

黃琳女士

黃世霞女士

Scientific Committee 科學委員會

Conveners 召集人 Prof. LI TSANG Wai Ping Cecilia

Prof. TANG Yan Ki Iris

李曾慧平教授

鄧因棋醫生

Members 委員: Dr. CHEUNG Man Hong Steve

Mr. MA Chun Ho Oliver

Dr. TSANG Hoi Lun Helen

Ms. WONG Kit Yee Lavinia

Ms. YIP Ka Huen

張文康醫生

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)

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

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。



ACTIVITIES UNDERTAKEN AND RESULTS ACHIEVED 活動回顧 EDUCATION COMMITTEE 健康教育委員會

2023 Patient Conference

2023 風濕科病人研討會



The Patient Conference, organised by the Hong Kong Arthritis & Rheumatism Foundation and the Hong Kong Society for Rehabilitation Community Rehabilitation Network, took place on 14th October 2023 at the Hong Kong Institute of Vocational Education (Sha Tin Campus). The topics of the seminar included "Treatment of Rheumatic Diseases," "Mindfulness for Rheumatism: Why and How?," "Self-management Exercises for Rheumatism," "Art Therapy for Rheumatism," and "Nutrition and Weight Management." The rich content encompassed aspects of fostering the psychological well-being of rheumatology patients and self-management methods,

providing comprehensive care for patients' needs.

A discussion panel titled "Perceived Benefits Experienced in Mutual Patient Support for Self and Society" featured experienced patients and family members sharing their experiences with patient self-help organisations. The seminar also included a special gratitude segment, honouring the selfless heroes in rheumatology, with nearly a hundred volunteers receiving certificates of appreciation. The conference saw over 150 attendees and was simultaneously live-streamed on YouTube, attracting an online viewership of 250.

由香港風濕病基金會與香港復康會社區復康網絡主辦，各風濕科病人組織及小組協力籌備之風濕科病人研討會於2023年10月14日在香港專業教育學院(沙田)舉行，研討會會議題目包括「風濕病的治療」、「靜觀與自我關懷的理念與實踐」、「物理自療」、「藝術治療」，以及「從飲食進行體重管理」。豐富的内容涵蓋風濕科病人心理質素之培養、自我管理方法等方面，全方位照料病人之需要。

其中「病人互助對我與社會的效益」座談會邀請到資深病友及家屬分享參加病人自助組織的經驗分享。是次研討會特設感恩會環節，向各無私風濕科英雄致敬，近百名義工獲頒發感謝狀。

研討會出席人數逾150人，同步於 YouTube 進行直播。線上觀看人數達250人。



PATIENT CONFERENCE 2023

Date: Saturday, 14 October 2023
Time: 1000-1600
Venue: Hong Kong Institute of Vocational Education (Sha Tin Campus) Lecture Theatre 029-030
Capacity: 240 seats

Pre-registration
Registration fee HK\$88
Search is included
Call ☎ 23612838

Ceremony 1000-1015

Dr. LEE Ka Wing Gavin
Chairman, Hong Kong Arthritis & Rheumatism Foundation Ltd.
Ms. KWOK Suet Kei Gladys
Common Education Subcommittee, Hong Kong Arthritis & Rheumatism Foundation Ltd.
Ms. LEE Kim Man Idy
Senior Manager (Rehabilitation Division), The Hong Kong Society for Rehabilitation
Cheque Handover
(*Donation proceeds & Pajamas Support Group)

Plenary 1 1015-1115

What is the Ultimate Goal for the Treatment of Rheumatic Diseases?

Dr. MA Kai Yiu
Common Education Subcommittee, Hong Kong Arthritis & Rheumatism Foundation Ltd.
(*Hong Kong Arthritis & Rheumatism Association)

1115-1130

Break

1130-1230

Symposium 1A
Mindfulness for Rheumatism: Why and How?
Dr. LEUNG Kam Tong
Honorary Lecturer, The University of Hong Kong
Experienced Mindfulness Teacher
(*Hong Kong Paediatric Rheumatism Association)

Symposium 1B
Self-management Exercises for Rheumatism
Ms. Lavinia WONG
Senior Clinical Assistant (Physiotherapy)
School of Medical and Health Sciences, Hong Kong Baptist University
(*Hong Kong Paediatric Arthritis Association)

1230-1330

Lunchtime

Plenary 2 1330-1400

Perceived Benefits Experienced in Mutual Patient Support for Self and Society

Mr. LAM Wai Hung Stephen
Anti-ragging Spontaneous Patient
(*B27 Association)

Ms. TSANG Yim Ching
Pain-free Arthritis Patient

Ms. WAN Lai Fong
Rheumatoid Arthritis Patient's family member

1400-1500

Appreciation Ceremony Honors Various Selfless Rheumatic Heroes

1500-1515

Break

1515-1600

Symposium 2A
Art Therapy for Rheumatism
Professor LI TSANG Wai Ping Cecilia
Visiting Professor, Faculty of Health and Social Sciences
The Hong Kong Polytechnic University
(*Hong Kong Arthritis Association)

Symposium 2B
Nutrition and Weight Management
Ms. Teressa GU
TV Host, Wellness, Spices, and Lifestyle Nutritionist
(*Hong Kong Rheumatoid Arthritis Association)

*Plenary groups that are responsible for coordinating during that session

風濕科病人研討會 2023

日期: 2023年10月14日(星期六)
時間: 上午10時至下午4時
地點: 香港專業教育學院(沙田)演講廳 029-030
名額: 240人

預先報名
報名費用: \$88 (含午餐)
查詢及報名人士: 免費平過
QR Code
查詢電話: ☎ 23612838

開幕典禮 1000-1015

李家榮醫生
香港風濕病基金會主席
郭雪瑩姐
香港風濕病基金會共同主席
李徐汶女士
香港風濕病基金會秘書
文惠文
(*風濕科病人互助小組)

全體會議 1 1015-1115

風濕科疾病的治療，要治療到多好才算好？ (*香港風濕病基金會)

馬繼輝醫生
香港風濕病基金會主席、香港風濕病基金會

1115-1130

休息

1130-1230

座談會 1A: “風濕”與“我”
對症風濕病，靜觀與自我關懷的理念與實踐
梁錦堂博士
香港大學社會科學院、香港醫藥法政學院教授

座談會 1B: “風濕”與“我”
物理「自」療
黃潔怡女士
香港中醫藥管理委員會科學部、香港中醫藥管理委員會

1230-1330

午餐時間

全體會議 2 1330-1400

病人互助對「我」與社會的效益 (*B27)

林章雄先生
香港風濕病基金會主席

曾麗貞女士
香港風濕病基金會副主席

尹麗芳女士
香港風濕病基金會副主席

1400-1500

感恩會 - 向各無私風濕科英雄致敬

1500-1515

休息

1515-1600

座談會 2A: “風濕”與“我”
藝術治療風濕
李會賢平教授
香港理工大学醫藥及社會科學院、訪問教授

座談會 2B: “風濕”與“我”
從飲食進行體重管理
黃浩坤女士
香港中醫藥管理委員會科學部、香港中醫藥管理委員會





此外，基金會亦於12月19日舉行聖誕義工聚會，共37位義工及基金會友好參加。

賽馬會風濕病患者康復及教育計劃
Jockey Club Rheumatic Patient
Rehabilitation and Education Programme

「風之友」伴友啟航

朋輩導師訓練

單元三：
活動設計及推行技巧2023

本期訓練內容包括：1. 必修課程：義工服務與活動設計 2. 選修課程：多元活動工作坊

必修課程：義工服務與活動設計(必須選修其中1節)(V3PC3C1)

課程內容	日期(星期、節)	內容	上課地點
義工服務及活動工作概論 (每節12人)	25/2 (週二) (日) 10:00am - 1:00pm 19/3 (週二) (日) 10:00am - 1:00pm	活動目標設計、財務預算 及推行技巧訓練	香港風濕病基金會

選修課程：多元活動工作坊 (可選多於1項)

照顧傷膝導引 義工小組 (V3PC3C2)

課程內容	日期及時間	講者	上課地點
基本訓練 首飾製作及操作 (理論及實習)	3/3 - 10/3 (週四) 7:00pm - 10:00pm	香港風濕病基金會 名貴珠寶技師鄧麗 紅翠華先生	香港風濕病基金會
技藝訓練 (1) 平面設計資料入門與應用 (2) Zoom與Facebook 串流直播操作	日期待定	香港風濕病基金會 名貴珠寶技師鄧麗 紅翠華先生	香港風濕病基金會

備註：

1. 完成必修課程及2項選修課程及獲得「朋輩導師證書」, 不同類別工作不少於一年。
2. 課程以粵語為主, 會提供英語翻譯及手寫圖解, 針對殘疾人士, 視察及溝通等作建議。
3. 舉辦者保留編排權。

課程內容	日期	日期及時間	講者	上課地點
表達技術工作坊 表達技術在社會中發揮重要作用。從個人生活到專業生活, 溝通是每個人都需要的基本技能。	18/5 (週二)	10:00am - 13:00pm (星期六)	杜桂英律師 醫務法律師 鄧文輝博士	香港風濕病基金會
表達技術工作坊 用表達藝術解開 傷心話 (V3PC3C4)	透過不同的藝術形式包括繪畫、音樂、舞蹈和運動等, 以調節情緒, 釋放压力和改善溝通的心態。	14/2 (週六) 10:00am - 13:00pm (星期六)	杜桂英律師 醫務法律師 鄧文輝博士	香港風濕病基金會
運動科學與臨床治療 (V3PC3C5)	認識風濕症關節、穴位按摩方法、伸展及運動實踐技巧等。	14/4 - 21/4 (週六) 7:00pm - 9:00pm (星期五)	物理治療師 謝樹華先生	香港風濕病基金會

備註：

1. 參加單元三訓練及活動實作時數不少於1小時。
2. 於訓練課程內完成所有各大學活動或臨床風濕病活動設計2次或以上。
3. 由香港風濕病基金會頒發「朋輩導師證書」, 有效期間3年, 可獲重新評估及更新。
4. 由香港風濕病基金會頒發「證書」, 有效期間3年, 可獲重新評估及更新。

上課地點：
香港風濕病基金會
九龍塘牛車水山徑山輝閣樓下103-106室

主辦機構

香港風濕病基金會
Hong Kong Rheumatic
Foundation Ltd.

協辦機構

香港賽馬會慈善信託基金

查詢請致電

2346 6336

報名請掃描

QR CODE

「風之友」參加

費用全免



Peer Volunteer Training (Group Section)

朋輩義工訓練（小組篇）

8 volunteers, having completed their training course last year, participated this year's various self-management courses for joint health as volunteer leaders. The Foundation collaborated with different service organizations to run the "Strengthening Joint Health" programme, offering self-management courses at various service units to disseminate knowledge at the community level. This year's partner organizations included the Tung Wah Group of Hospitals Fong Shiu Yee Neighbourhood Elderly Centre, the Hong Kong Society for Rehabilitation Community Rehabilitation Network (Kornhill), the Hong Kong & Macau Lutheran Church Kei Fuk Elderly Centre, the Sik Sik Yuen Ho Chak Neighbourhood Centre, and the Young Shu Cheung Neighbourhood Elderly Centre, among others.

8位義工於去年完成訓練課程後，以義工組長身份參與本年度舉辦之各項關節我自理課程。基金會與不同服務機構合辦「關節我自強」課程，於各服務單位舉辦自我管理課程，將自我管理的知識在社區層面滲透。本年度的合作機構包括東華三院方肇彝長者鄰舍中心、香港復康會社區復康網絡（康山）、港澳信義會耆福長者中心、薈色園可澤耆英鄰舍中心及楊樹章長者鄰舍中心等。

Peer Coach Training (Care Section)

朋輩導師訓練（關顧篇）



A series of 5 sessions of peer mentor training, focusing on care, was held from August 26 to October 28. The programme aimed to enable volunteers to grasp essential counselling knowledge, listening skills, and to learn about the latest information regarding rheumatic diseases. Experienced social workers provided training in counselling techniques, while rheumatology nurses introduced information related to rheumatology. A total of 10 volunteers participated in the training course. After completing the 5 sessions, the volunteers could continue their involvement with the Foundation's "Arthritis Buddy Helpline" voluntary work.

共5堂的朋輩導師訓練（關顧篇）於8月26日至10月28日舉行。計劃旨在讓義工掌握基本的輔導知識、聆聽技巧及認識風濕病最新資訊。資深社工提供輔導技巧訓練，專科護士則介紹風濕病科資訊。訓練課程共十位義工參與。在完成五節訓練後，義工可繼續參與基金會「風知己熱線」義務工作。



Arthritis Self-management Programme

自我管理課程



關節我自理
(結合遙距・實體學習)

無論您是初確診、病情反覆、炎症再次突發、步入穩定期...如您想更好地裝備自己面對風濕性關節炎,也歡迎您!

- ✓ 幾種風濕關節炎的常見病「程」
- ✓ 患者在不同階段的「DOS & DON'TS」
- ✓ 排除障礙,建立運動習慣
- ✓ 「多方位」處理痛及其他症狀
- ✓ 探索就業/照顧家庭、人際溝通
- ✓ 瞭解藥物、其他治療如何選擇
- ✓ 同路人互助,彼此學習交流

選擇 1 940
第一、二堂 (ZOOM)
8月21日、9月4日
星期一至、7:30-9:30PM
第三堂 (返中心)
9月23日
星期六、2:30-5:00PM

選擇 2 941
第一、二堂 (ZOOM)
10月18日、10月25日
星期三、7:30-9:30PM
第三堂 (返中心)
10月28日
星期六、2:30-5:00PM

選擇 3 942
第一、二堂 (ZOOM)
11月14日、11月21日
星期二、2:00-4:00PM
第三堂 (返中心)
12月2日
星期六、2:30-5:00PM

(如以上時間不合或未能參與ZOOM,可致電我們商討其他安排)

對象: 類風濕關節炎、強直性/脊椎性關節炎、銀屑病關節炎 患者/家人
費用: \$10
備註: 完成三節課程,可獲自我管理證書
中心地點: 本會李鄭屋中心 (長沙灣李鄭屋邨李康樓地下,長沙灣站A3出口)

**「風濕·我自理」風濕病自我管理課程之
關節·我自理
關節我自強 關節退化有冇怕
自我管理課程**

良好的管理可以有助控制病情,課程提供正確認識退化性關節炎,其治療及痛楚處理方法,制定行動計劃,把握現技巧實踐於生活,學會與病共存,重拾健康生活真意,活得自在!

第一期: 2023年9月7日至10月12日(星期四)
(7/9、14/9、28/9、5/10、12/10)

第二期: 2023年11月2日至30日(星期四)
(2/11、9/11、16/11、23/11、30/11)

時間: 上午10時至12時
地點: 香港風濕病基金會黃埔會病人支援及訓練中心
九龍石硤尾南山邨南樓地下103-105室

對象: 退化性關節炎患者及其家屬
名額: 每組12人
費用: \$60(全期課程5節及午餐)
(社區資源網絡 會員: \$40/ (貧困人士免費))
** 學員可獲贈教材一套
** 課程由專業社工及義工擔任組長推行

歡迎機構/團體自選時間組班
實體或網上課程均可

報名及查詢 **2346 6336**
或瀏覽 www.hkarf.org

網上登記及報名

Since August 2020, HKARF has collaborated with the Hong Kong Society for Rehabilitation Community Rehabilitation Network to host the "Joint Self-Management" course. Physical classes are held monthly at various centres in different regions, with online courses added during the pandemic. These courses help individuals with rheumatic diseases gain a proper understanding of their conditions, medication knowledge, pain management strategies, exercise plans, joint protection, and emotional management.

From 2022 onwards, the "Joint Empowerment" self-management course focuses on degenerative arthritis, educating community members on the importance of self-management and joint protection. In addition to being held at HKARF and various regional centres of the Hong Kong Society for Rehabilitation Community Rehabilitation Network, the courses also involve collaborations with different service organisations. This year, a total of 71 participants took part in the course.

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舉辦「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,於疫情期間增設網上課程,讓風濕病友正確認識風濕病、用藥須知、痛楚處理方法、運動計劃、關節保護及情緒管理等。

自2022年,「關節·我自強」自我管理課程以退化性關節炎為題,向社區人士教育自我管理的重要性及關節保護事項。課程除於基金會及香港復康會社區復康網絡不同之地區中心舉辦外,亦與各不同的服務機構合作,於各服務單位舉辦自我管理課程。本年度共71人參與此課程。

Community Exhibition

社區公眾教育展覽

The 2nd Art Hong Kong Expo

第二屆香港國際文化藝術博覽會



3 patients from the rheumatology community participated in the 2nd Art Hong Kong Expo from May 16 to 19. The exhibition was themed "Rheumatic Creativity: Healing Through Art." The displayed works included ink paintings, pastel nagomi art, and Chinese calligraphy, promoting a resilient attitude among rheumatism patients in their fight against the disease and in facing

challenges. Over a thousand artists and citizens from various countries attended the exhibition.

三位風濕病患者參加了於5月16日至19日舉行的第二屆香港國際文化藝術博覽會。展覽的主題為「風濕創藝 病隨心淨」。展出作品包括水墨畫、和諧粉彩和中國書法，旨在增加風濕病患者在對抗疾病和面對挑戰時的韌力。來自世界各地近千位藝術家及公眾人士參加了是次展覽。

Exhibition at Heng On Commercial Centre

恆安商場社區展覽



An exhibition was held at Heng On Commercial Centre on 22nd August to promote awareness about rheumatism within the community.

基金會於8月22日(星期二)在恆安商場舉行社區展覽，向地區人士推廣風濕病科資訊。

Community Education Workshops

社區教育工作坊



To strengthen community-level engagement, the Foundation has proactively collaborated with various regional organisations to host community education workshops. These workshops aim to introduce participants to self-management and joint protection information related to degenerative arthritis. We have invited physiotherapists and specialist doctors to provide clear and accessible explanations. This year, we conducted 4 workshops, held at the Mong Kok Kai Fong Association Limited Chan Hing Social Service Centre, the Ma On Shan District Elderly Community Centre, the Yang Memorial Methodist Social Service at Kingsford Terrace, and the Kei Fuk Elderly Centre. A total of 89 members from these organisations participated in this initiative.

為加強社區層面滲透，基金會主動與不同地區機構合辦社區教育工作坊，向參加者介紹退化性關節炎的自我管理及保護關節資訊，並邀請物理治療師及專科醫生作深入淺出的講解。

本年度共推行了4次工作坊，分別於旺角街坊會陳慶社會服務中心、馬鞍山長者地區中心、楊震社會服務處嘉峰臺中心及耆福長者中心舉行。共89位機構會員參與是項活動。

Public Education Talks

公眾教育講座

This year, HKARF, the Jockey Club Institute of Healthcare of Hong Kong Metropolitan University, and the Hong Kong Society for Rehabilitation Community Rehabilitation Network are jointly organising a series of public education talks on the topic of pain, to enhance the public's understanding of pain management.

本年度基金會、香港都會大學賽馬會健康護理學院及香港復康會社區復康網絡合辦一系列以痛症為題的公開教育講座，加深公眾對管理痛症的認識。

Shoulder Pain 《都市痛症面面觀 – 肩部疼痛》講座



Date 日期: 16 September 2023

Speakers 講者:

Dr. Chiu, Chi Kit 招智傑醫生 (Consultant in Orthopaedic and Trauma Surgery 矯形及創傷外科顧問醫生)

Ms. Wong, Kit Yee Lavin 黃潔怡女士 (Senior Clinical Associate (Physiotherapy), School of Medical and Health Sciences 醫療

及健康科學學院 高級臨床講師 (物理治療))

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: 86

The Foundation, in collaboration with the Yuen Long District Health Centre, has organised the "Community Support Insight Series." This year, 3 public educational seminars have been held to inform the public about various rheumatic diseases and their treatments. Members of the public are welcome to attend in person, as well as to watch the live online broadcasts.

基金會與元朗地區康健中心合辦《社區支援透視系列》。本年度共舉辦了3場公開教育講座，向公眾介紹各類風濕病及治療方法。公眾除可現場參與，亦可觀看同步網上直播。



a) Rheumatic Diseases and Gastrointestinal Issues 《風濕病與腸胃問題》

Date 日期: 12 August 2023

Speaker 講者: Dr. Ho, Chi 何智醫生 (Rheumatologist 風濕科專科醫生)

Venue 地點: Yuen Long District Health Centre 元朗地區康健中心

b) The Treatment of Rheumatism and Pain 《風濕病與痛症治療》

Speaker 講者: Dr. Ho, Cheuk Man Louis 何焯文醫生 (Rheumatologist 風濕科專科醫生)

Date 日期: 11 November 2023

Venue 地點: Yuen Long District Health Centre 元朗地區康健中心

c) Rheumatism and Vasculitis 《風濕病與血管炎》

Speaker 講者: Dr. Ho, Chi 何智醫生 (Rheumatologist 風濕科專科醫生)

Date 日期: 2 March 2024

Degenerative Arthritis Seminar 退化性關節炎講座

Organiser 主辦機構: Hong Kong Physiotherapy Association 香港物理治療學會

Co-organiser 協辦機構: Hong Kong Arthritis & Rheumatism Foundation 香港風濕病基金會

Speaker 講者: Dr. Wong, Ching Han Priscilla 王靜嫻醫生 (Rheumatologist 風濕科專科醫生) and Ms. Chan, Hei 陳曦女士 (Physiotherapist 物理治療師)

Date 日期: 9 September 2023

Venue 地點: Christian Family Service Centre 基督教家庭服務中心

Understanding Pulmonary Arterial Hypertension: A Heartfelt Connection Workshop



認識肺動脈高壓 用心連結工作坊

Co-organisers 協辦機構: Hong Kong Lupus Association 樂晞會

My Lupus Diary 紅斑狼瘡

Speakers 講者: Dr. Ma, Kai Yiu 馬繼耀醫生 (Rheumatologist 風濕科專科醫生)

Dr. Fan Yue Yan, Katherine 范瑜茵醫生 (Cardiologist 心臟科醫生)

Date 日期: 19 August 2023

Venue 地點: One Pacific Centre 1亞太中心

No. of participants 參加人數: 50



Lung and Arthritis Awareness Fun Day 風之友肺事傾同樂日



Co-organisers 合辦機構:

Hong Kong Thoracic Society 香港胸肺學會

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

Speakers 講者:

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

Dr. Ko, Wai San Fanny 古惠珊醫生 (Respiratory Medicine 呼吸系統科醫生)

Ms. Wong, Kit Yee Lavin 黃潔怡女士 (Senior Clinical Associate (Physiotherapy), School of Medical and Health Sciences)

Date 日期: 6 January 2024

Venue 地點: The Wave

No. of participants 參加人數: 74



Rheumatic Friends Mindfulness Experience Camp 風之友靜觀體驗營

風之友靜觀體驗營
Mindfulness Camp

不少研究顯示，風濕病與我們的情緒、壓力是息息相關的。
靜觀體驗營是一個屬於風濕科病友的新靜觀活動，助您與情緒
好好相處、整理思緒和生活，重新出發！

日期：2024年3月16日(星期六) 對象：風濕科患者及家屬
時間：下午2:00-5:30 費用：\$10
地點：石屋家園(九龍城聯合道133號)

- 由風濕科專科醫生
講解靜觀對身體健康
及風濕病的益處
- 結合戶外及室內的
環境，帶領參加者體
驗靜觀，先減心理
- 如何將靜觀與正
念生活化？
- 醫生分享個人經驗 -
為何對靜觀有興趣？
日常修習體會
- 體驗結合冥想、自我
關懷與覺察的靜觀
活動
- 想學靜觀？有途徑
嗎？

何智醫生
風濕科專科醫生

梁錦堂博士
香港大學名譽講師
資深靜觀及生命教育導師

羅綺華女士
郭燕儀女士
周思達先生
社區復康網絡 社工

報名：
• 致電2361 2838
• 或掃描二維碼
• 名額有限，先到先得

香港風濕病基金會
The Hong Kong Society
for Rheumatology
香港風濕病基金會
Hong Kong Society for Rheumatology
Rheumatism Foundation Ltd.

Co-organiser 合辦機構：Hong Kong Society for Rehabilitation
Community Rehabilitation Network 香港復康會社區復康網絡

Speakers 講者：Dr. Ho Chi 何智醫生 (Rheumatologist 風濕科專科醫生)

Dr. Leung, Kam Tong 梁錦堂博士 (Honorary lecturer at the University of Hong Kong 香港大學名譽講師)

A team of social workers from the Hong Kong Society for Rehabilitation
Community Rehabilitation Network 社區復康網絡社工團隊

Date 日期：16 March 2024

Venue 地點：Stone Houses Family Garden 石屋家園

No. of participants 參加人數：23

International Conference of Chinese Rheumatologists ICCR 2024

2024 國際華人風濕病醫學會議

The Foundation expresses its gratitude to the Hong Kong Society of Rheumatology for the invitation to attend the International Conference of Chinese Rheumatologists ICCR 2024, held from November 25 to 26 at the Cordis Hotel. The exhibition introduced the Foundation and patient organizations' support services for rheumatology patients to various professionals in the field.

基金會感謝香港風濕病學學會邀請參加11月25日至26日於康得思酒店舉行之國際華人風濕病醫學會議。展覽為各風濕科專業人士介紹基金會及病人組織之風濕病患者支援服務。

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. This year, issues 37 and 38 have been published and over 3,400 copies of the newsletter have been mailed to various hospitals and resource centers.

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。本年度出版第37及38期，郵寄至各醫院及資源中心共超過3,400份會訊。

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。強直性脊柱炎、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 is an important platform for promoting the activities of the Foundation and for sharing information about rheumatology. This year, HKARF has published 111 posts, which have received a total of 274,155 clicks or views. The content covers various topics, including Patient Conference, information about events and services, details on different types of rheumatic diseases, and introductions to both medicinal and non-medicinal treatments.

面書是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 111 篇貼文，點擊或瀏覽次數為 274,155 次。涵蓋的內容包括風濕科病人研討會、活動及服務資訊、各類風濕病資訊、藥物及非藥物治療介紹等。

<u>Facebook post series</u>	<u>No. of posts</u>	<u>MM/YY</u>	<u>No. of</u>
<u>面書活動</u>	<u>貼文數目</u>	<u>月/年</u>	<u>clicks/actions</u>
			<u>點擊/瀏覽次數</u>
活動及服務資訊	20	4/2023 - 3/2024	692
風濕病與藥物治療	15	5/2023 - 2/2024	2,643
間質性肺病	13	6/2023 - 2/2024	113,451
系統性紅斑狼瘡症	10	10/2023 - 3/2024	493
銀屑病關節炎	7	6/2023 - 7/2023	1,131
風濕科病人研討會	6	9/2023 - 12/2023	289
類風濕性關節炎	4	11/2023 - 3/2024	65,219
強直性脊柱炎	4	5/2023 - 10/2023	116

經濟援助資訊	4	4/2023	163
藝術治療	4	5/2023 - 9/2023	138
硬皮症	3	1/2024 - 3/2024	88,533
血管炎	3	11/2023 - 3/2024	158
退化性關節炎	3	7/2023 - 9/2023	127
運動與關節炎	3	5/2023	104
接受和承諾療法	3	4/2023	151
飲食須知及體重管理	2	4/2023	339
少年風濕病	2	9/2023 - 10/2023	59
皮膚炎	2	10/2023	212
靜觀體驗	2	3/2024	119
肺動脈高壓	1	3/2024	18

Online Education on Rheumatic Diseases — Rheumatic Information Station

風濕病網上教育 —— 風濕情報站

This year, as the pandemic has eased, the "Rheumatology Information Station" has hosted 3 educational seminars. One of these was a live broadcast on Facebook, while the other 2 were held in person with simultaneous streaming.

Each session's theme was jointly developed by patient groups and the Foundation, focusing on topics directly relevant to those with rheumatic diseases. Continuing the tradition of the "Rheumatology Information Station", each episode features explanations from rheumatologists on issues of concern to patients. The programme is supported by volunteer media team and patient groups, working collaboratively.

本年度隨著疫情放緩，本年度《風濕情報站》共舉辦了3場教育講座，其中一場為網上Facebook 直播，另外兩場則是實體及同步直播。

每集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。節目由病人媒體義工擔任幕後崗位，不同病人組織共同協作。

Topics 主題



a) Traditional Rheumatology Medicines: Benefits and Self-care Tips

傳統風濕科藥物：藥效與護理小貼士

Speakers 講者：Dr. Yeung, Wan Yin 楊韻妍醫生 (Rheumatologist 風濕科專科醫生)

Ms. Choi, King Yee Joyce 蔡敬儀姑娘 (Rheumatology Nurse 風濕科專科姑娘)

Date 日期：19 August 2023

Mode 形式：Online Health Talk 網上直播

No. of engagements 接觸人數：16,785

No. of views 觀看人數：20,269



b) How Rheumatoid Arthritis and Steroid Treatment Myths Can Be Effectively Utilized to Bring Positive Outcomes

類風濕性關節炎與類固醇的治療與迷思
如何用得其所帶來正面效果

Speakers 講者: Prof. So, Ho 蘇皓教授 (Rheumatologist, Assistant Professor, Department of Medicine & Therapeutics Faculty of Medicine, The Chinese University of Hong Kong 風濕科專科醫生及香港中文大學醫學院內科及藥物治療學系風濕科助理教授) and Ms. Leung, Yee Mei 梁綺薇姑娘 (Nurse Consultant 資深護師)

Date 日期: 23 December 2023

Mode 形式: Hybrid 實體及線上講座同步進行

Venue 地點: Duke Of Windsor Social Services Building 溫莎公爵社會服務大廈

No. of engagements 接觸人數: 3,072

No. of views 觀看人數: 2,554

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。



Topics 講座主題

a) Guidelines for Diet and Weight Management for Patients with Rheumatic Diseases

風濕病患者飲食須知及體重管理方法

Date 日期: 15 April 2023

Speakers 講者: Mr. Wong, Hin Wai Will 黃顯偉先生 (Physiotherapist 註冊物理治療師) and Ms. Lo, Ka Man Carmen 羅嘉敏小姐 (Dietitian 註冊營養師) –

No. of engagements 接觸人數: 2,674

No. of views 觀看人數: 889

b) What Are the Treatment Goals for Rheumatic Diseases? Is It to Achieve Disease Remission, or Can They Be Completely Cured?

何謂風濕科疾病的治療目標？疾病緩解？還是可徹底醫治？

Date 日期: 20 May 2023



Speaker 講者: Dr. To, Chi Hung 陶志雄醫生 (Hong Kong Arthritis & Rheumatism Foundation Vice Chairman, The Hong Kong Society of Rheumatology Chairman 香港風濕病基金會副主席、香港風濕病學學會主席)

No. of engagements 接觸人數: 2,577

No. of views 觀看人數: 1,070

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.

As the pandemic eased in 2023 and various preventive measures were lifted, the hospital's warm water pool has also gradually reopened. Starting in June, the Foundation resumed holding hydrotherapy classes at various hospitals, and physio led exercise classes have also returned to offering in-person sessions.

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。

隨疫情於2023年緩和，各項防疫措施的解除，醫院暖水池亦相繼重開。基金會於6月起恢復於各醫院舉行水中運動復康治療班，室內運動班亦至始恢復提供實體課程。

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>2022/23</u>	<u>2023/24</u>
<i>Session 節數</i>	48	424
<i>No. of patient sessions 人次</i>	288 (68 patients)	2,883 (503 patients)

基金會團隊與水中運動復康治療班班長共舉行了兩次會議，為於公立醫院重啟水療班作準備，亦檢討課程的行政程序。

The Foundation's team held 2 meetings with the patient leaders of the hydrotherapy class to prepare for the resumption of the hydrotherapy sessions at public hospitals and to review the administrative procedures of the course.

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>2022/23</u>	<u>2023/24</u>
<i>Session 節數</i>	240	270
<i>No. of patient sessions 人次</i>	1,278 (214 patients)	1,364 (293 patients)

JC - PT Exercise Class

1 April 2023 to 31 March 2024

Total no. of new referral cases 新個案總數: 69 (44)

2023-2024 PT Exercise Class	Period	No. of classes	Total no. of participants	New comers	Repeaters	No. of withdrawal	No. of Attendances
2023 Center Phase 1	Feb-Mar	5	24	5	19	0	108

2023 Center Phase 2	Apr-May	6	41	14	27	0	202
2023 Center Phase 3	May-Jul	6	43	7	36	0	198
2023 Center Phase 4	Jul-Aug	6	38	7	31	0	180
2023 Center Phase 5	Aug-Oct	6	34	8	26	0	138
2023 Center Phase 6	Nov-Dec	4	29	4	25	0	126
2023 Center Phase 7	Jan-Feb	4	31	8	23	1	171
2024 Center Phase 1	Feb-Mar	4	25	3	22	0	112
Total		41	265	56	209	1	1,235
2023 Kornhill Phase 1	Mar-May	2	12	6	6	0	54
2023 Kornhill Phase 2	Jun-Jul	1	6	2	4	0	32
2023 Kornhill Phase 3	Sep-Oct	1	10	5	5	0	43
Total		4	28	13	15	0	129

Series of Innovative Patient Support Activities Supported by the Kadoorie Charitable Foundation

嘉道理慈善基金會贊助一系列嶄新病人支援活動

Kadoorie Charitable Foundation has sponsored an initiative with a grant of HKD 2.4 million to implement a two-year support programme focused on the needs of rheumatology patients. Thanks to the enthusiasm and support of the Kadoorie Charitable Foundation, the programme has been approved for funding from November 1, 2023, to October 31, 2025. This initiative includes innovative disease management projects, such as ceramic courses incorporating therapeutic elements, pastel nagomi art class for chronic rheumatism patients, and a VR project with School of Nursing and Health Studies at Hong Kong Metropolitan University.

承蒙嘉道理慈善基金會的熱忱和支持，基金會獲批港幣二百四十萬元推展為期兩年（由2023年11月1日至2025年10月31日）的風濕科病友需求導向支援計劃。此計劃涵蓋嶄新的疾病管理項目，包括結合治療元素的陶瓷手作體驗課程、和諧粉彩體驗課程，以及與都會大學護理及健康學院合辦之虛擬實境治療體驗課程。

2023-2024 Kadoorie Charitable Foundation – Ceramic Courses Incorporating Therapeutic Elements

嘉道理慈善基金會贊助結合治療元素的陶瓷手作體驗課程

Period: 1 April 2023 to 31 March 2024

Based on data from past participants, patients with rheumatic conditions showed significant improvement in hand function after completing the course. The ceramic craft experience course, which uses art as a therapeutic medium, includes assessments by occupational therapists regarding participants' daily functioning and mental health before and after the sessions. As participants engage in pottery making, art serves as a therapeutic medium, alleviating joint pain and strengthening finger muscle function, leading to relaxation of both body and mind.

根據過往參加者的數據顯示，完成課程後風濕科病人的手部功能有顯著的改善。以藝術為治療媒介的陶瓷手作體驗課程，配合職業治療師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。參加者在投入製作陶器的同時，藝術成了治療媒介，舒緩病人關節疼痛，加強手指肌肉功能，令身心放鬆。

2023-2024 Ceramics Class	No. of classes	No. of sessions	Total no. of participants	No. of Attendances
2023 Ceramic Class Phase 2	8	32	51	1,621
2024 Ceramic Class Phase 3	8	32	35	1,108
Total	16	64	86	2,729

2023-2024 Kadoorie Charitable Foundation – Pastel Nagomi Art Class

嘉道理慈善基金會贊助和諧粉彩體驗課程

Period: 1 April 2023 to 31 March 2024

Patients with rheumatic diseases, under the guidance of a pastel nagomi instructor, are able to focus on simple, non-critical painting. Upon completing the class, they create pastel nagomi artworks. Through the creative process, participants relieve stress and, by concentrating on selecting suitable colour schemes for their paintings, they break through limitations and achieve healing for their body, mind, and spirit. The course also provides an excellent medium for participants to relax, enjoy the creative process, and share knowledge about managing their conditions with other patients.

風濕病患者在和諧粉彩導師指導下，能專注於非批判性的簡單繪畫，並在完成課堂後製作出和諧粉彩畫作。同學透過創作，紓緩壓力，透過專注為畫作選擇適合的配色，突破限制，得到身心靈的治療。課程亦提供良好媒介，讓參加者得以放鬆，享受創作的過程，與其他病人分享管理疾病的知識。

2023-2024 Pastel Nagomi Art Class	No. of classes	No. of sessions	Total no. of participants	Physical Attendances	Actual Attendances
2023 Pastel Nagomi Art Class Phase 1	8	32	39	156	148
Total	8	32	39	156	148

2023-2024 Kadoorie Charitable Foundation - VR project with School of Nursing and Health Studies at Hong Kong Metropolitan University

嘉道理慈善基金會贊助與都會大學護理及健康學院合辦之虛擬實境治療體驗課程

Rheumatoid arthritis is a common rheumatic condition in Hong Kong, which not only can cause symptoms such as pain and fatigue but also has a negative impact on the daily lives of patients. Recent research abroad has shown that using virtual reality (VR) technology for intervention therapy can help alleviate chronic pain; however, there are not many related studies focusing on Asian populations. At the same time, an increasing number of studies support the significant effectiveness of mindfulness training in alleviating pain and improving quality of life. HKARF, in collaboration with School of Nursing and Health Studies at Hong Kong Metropolitan University, aims to explore the effects of virtual mindfulness training on local rheumatoid arthritis patients in alleviating chronic pain, fatigue, improving pain management, and enhancing self-efficacy. The research findings will provide significant insights for future improvements or advancements in non-pharmacological intervention studies. The first session of the course will commence in June 2024.

類風濕性關節炎是本港常見的風濕科病症，不但可引發疼痛、疲倦等症狀，對患者日常生活亦造成負面影響。外國近年研究顯示，使用虛擬現實 (VR) 技術實行干預治療可有助緩解慢性疼痛，但以亞洲人群體作為對象的相關研究並不多。同時，越來越多研究支持靜觀訓練對緩解疼痛、提升生活素質的成效顯著。基金會與都會大學護理及健康學院合作，冀望透過結合靜觀訓練與VR技術，探討虛擬靜觀訓練對本地類風濕性關節炎患者在緩解慢性疼痛、疲倦、改善疼痛及自我效能等指標的效果。研究結果對將來更進一步改善或提升非藥物干預治療研究有重大啟發作用。第一期課程於2024年6月開展。

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>2022/23</u>	<u>2023/24</u>
No. of patient sessions 人次:	5	4

1 April 2023 to 31 March 2024

Total no. of new referral cases: 4 (5)

Enrolled: 4 (4)

Withdrawn: 0 (0)

Total no. of sessions: 4 (4)

Total no. of splints made: 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>2022/23</u>	<u>2023/24</u>
<i>No. of applications approved 獲批申請:</i>	25	42
<i>No. of beneficiaries 受惠人數:</i>	19	28
<i>Average subsidy amount 平均資助額:</i>	HK\$3,374.86 per patient	HK\$3,211.47 per patient
<i>Total subsidy amount 總資助額:</i>	HK\$84,371.40	HK\$138,093.00

1 April 2023 to 31 March 2024:

Total no. of applications 申請總數: 43 (29)*

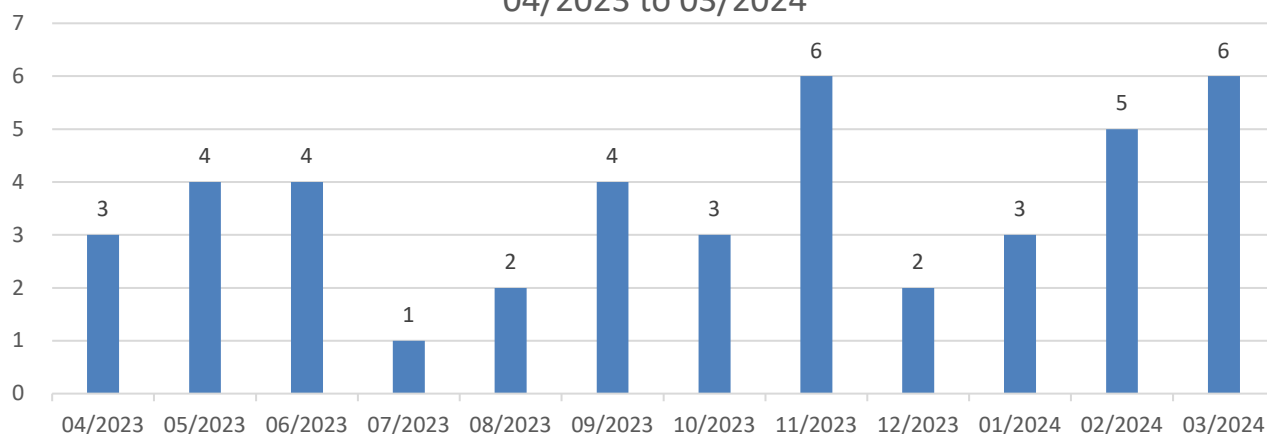
Approved 獲批: 42 (25)

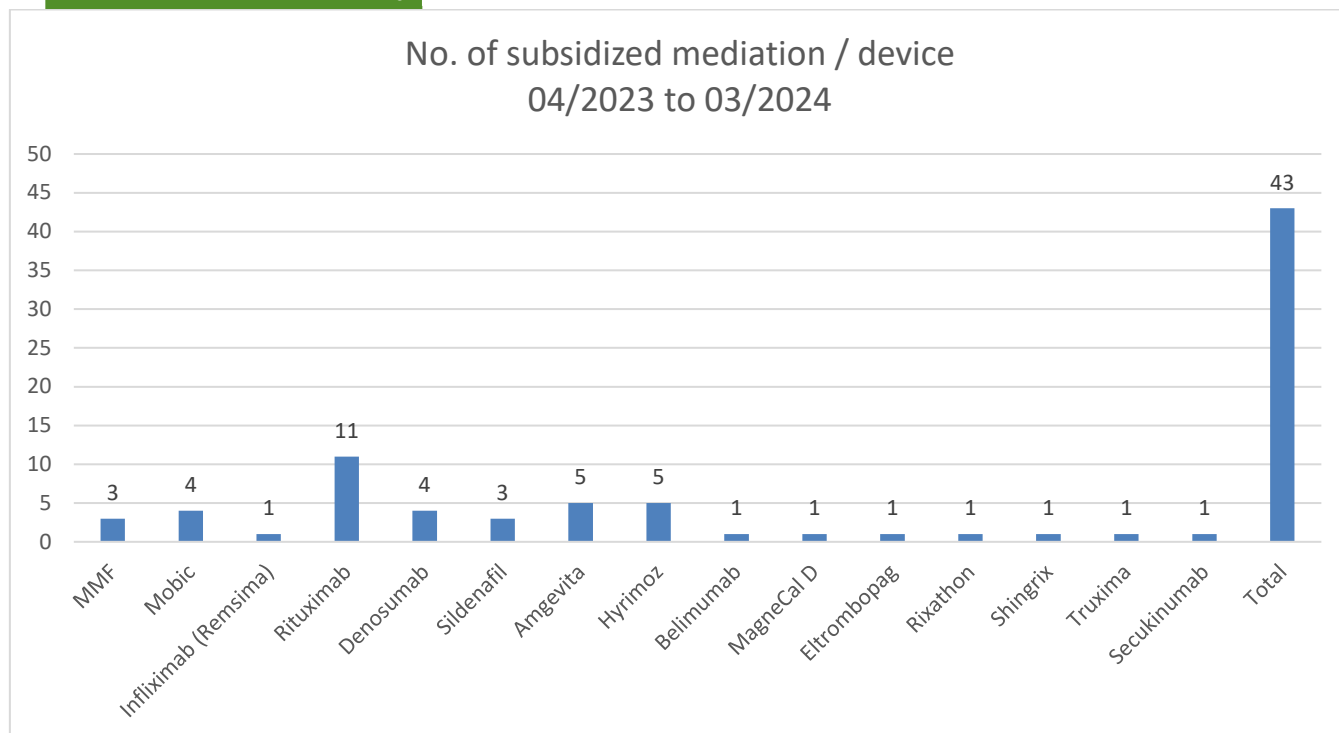
Withdrew/Rejected 撤回申請/不獲批: 1 (4)

Total no. of patients benefited 受惠人數: 28 (including 18 new patients 包括18位新病人) (19, including 5 new patients 包括5位新病人)

Total amount 總額: HK\$138,093.00 (HK\$84,371.40)

Monthly distribution of PSF application
04/2023 to 03/2024





^ 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>2022/23</u>	<u>2023/24</u>
<i>No. of application approved 批核申請:</i>	<i>1</i>	<i>1</i>
<i>Total cost of subsidized medications 總支援藥物金額</i>	<i>HK\$5,000</i>	<i>HK\$5,000</i>

1 April 2023 to 31 March 2024:

Total no. of applications 申請總數: 2 (1)

Approved 獲批: 1 (1)

Rejected 不獲批: 1 (0)

Total amount 總資助金額: HK\$5,000 (HK\$5,000)

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。至 2023 年 3 月起，資助金額由港幣 8,000 元提高至港幣 10,000 元。

	<u>2022/23</u>	<u>2023/24</u>
<i>No. of grant approved 已批資助數目:</i>	<i>1</i>	<i>5</i>
<i>No. of beneficiary groups 受惠組織數目:</i>	<i>1</i>	<i>5</i>
<i>Total amount 總資助金額:</i>	<i>HK\$10,000</i>	<i>HK\$40,330</i>

1 April 2023 to 31 March 2024:

Total no. of applications 總申請數目: 5 (1)

Approved 獲批: 5 (1)

Case No.	Association	Activity Date	Estimated no.	Supported Amount
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			of participants	
062	B27 Association B27 協進會	22 April 2023	192	HK\$10,000
063	Dermatomyositis & Polymyositis Support Group 皮肌炎多肌炎互助小組	25 June 2023	30	HK\$330.00 (Supported by HKJC)
064	Hong Kong Lupus Association 樂晞會	3 March 2024	180	HK\$10,000
065	Hong Kong Ankylosing Spondylitis Association 香港強脊會	16 March 2024	162	HK\$10,000
066	Hong Kong Rheumatoid Arthritis Association 毅希會	23 March 2024	250	HK\$10,000
			Total: 814	HK\$40,330.00

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>2022/23</u>	<u>2023/24</u>
<i>No. of beneficiaries</i> 受惠人數:	180	172
<i>Total cost of subsidized medications</i> 總支援藥物金額	HK\$6,117,664	HK\$5,616,484

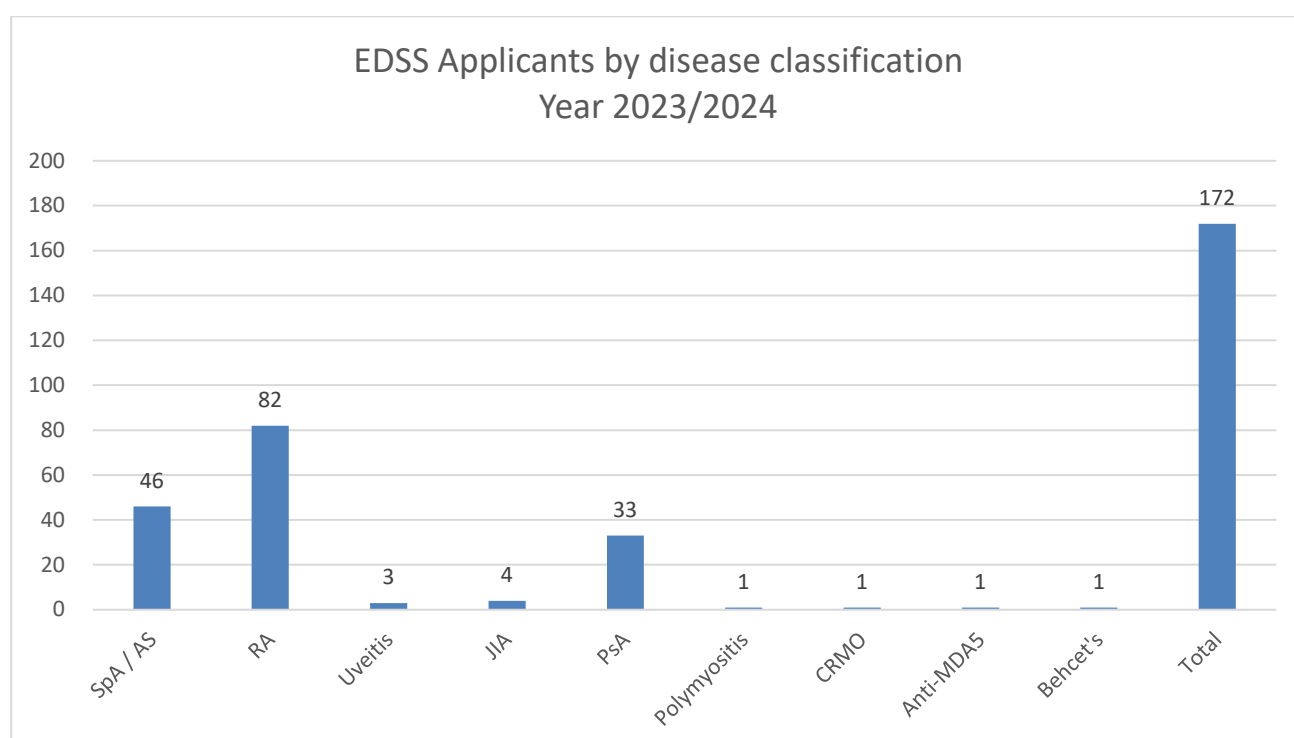
1 April 2023 to 31 March 2024:

Total no. of applications 申請總數: 172 (180)

Approved 獲批: 172 (180)

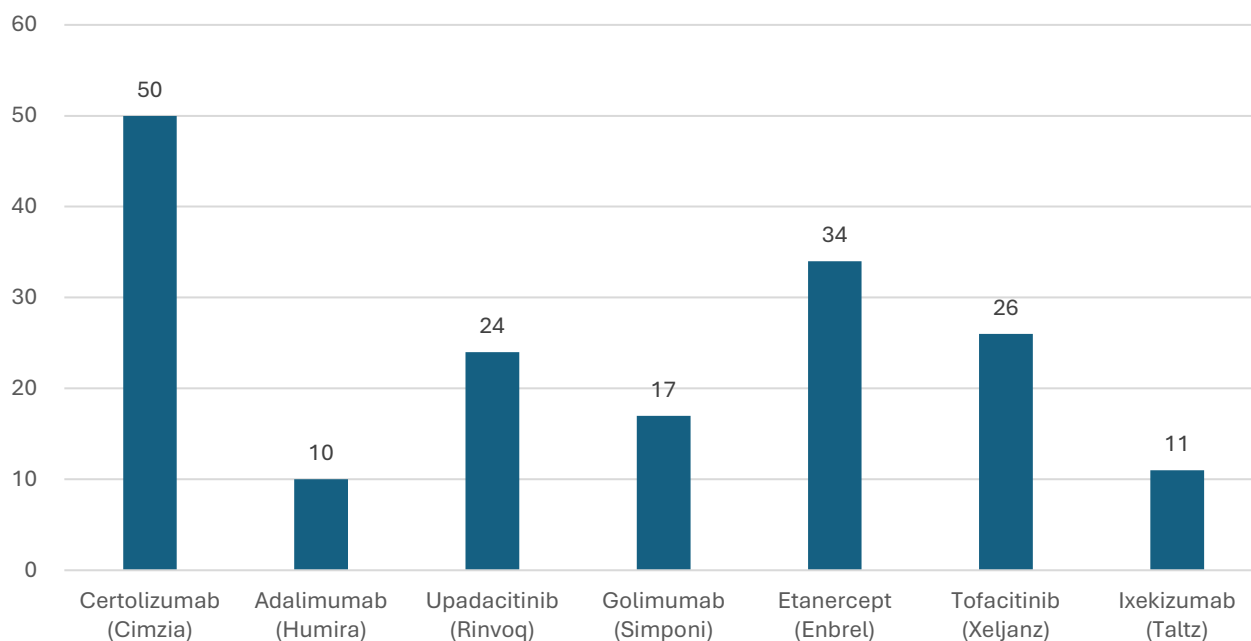
Withdrawn/Rejected 撤回申請/不獲批: 0 (0)

Total no. of new applicants 新申請人數: 47 (36)



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)
Uveitis	:	Uveitis (虹膜炎)
JIA	:	Juvenile Idiopathic Arthritis (幼年特發性關節炎)
PsA	:	Psoriatic Arthritis (銀屑病關節炎)
Polymyositis	:	Polymyositis (多肌炎)
CRMO	:	Chronic recurrent multifocal osteomyelitis (慢性復發性多灶性骨髓炎)
Anti-MDA5	:	Anti-melanoma differentiation-associated gene 5 (抗 MDA5)
Behcet's	:	Behcet's disease (白塞氏病)

No. of applications for biologics
Year 2023/2024



Difficulty Level for Certolizumab (Cimzia®)	
Level 1 (1+1)	50
Level 2 (2+1)	0
Level 3 (3+1)	0
Total	50

Difficulty Level for Adalimumab (Humira®)	
Level 1 (1+1)	8
Level 2 (2+1)	2
Total	10

Difficulty Level for Upadacitinib (Rinvoq®)	
Level 1 (2+1)	20
Level 2 (3+1)	4
Total	24

Difficulty Level for Golimumab (Simponi®)	
Level 1 (1+1)	12
Level 2 (2+1)	1
Level 3 (3+1)	4
Total	17

Difficulty Level for Etanercept (Enbrel®)	
Level 1 (1+1)	30
Level 2 (2+1)	4
Total	34

Difficulty Level for Tofacitinib (Xeljanz®)	
Level 1 (2+1)	25
Level 2 (3+1)	1
Total	26

Difficulty Level for Ixekizumab (Taltz®)	
Level 1 (2+1)	11
Total	11

Patient Support Services 病患者支援服務

Arthritis Buddy Helpline 風知己朋輩熱線電話

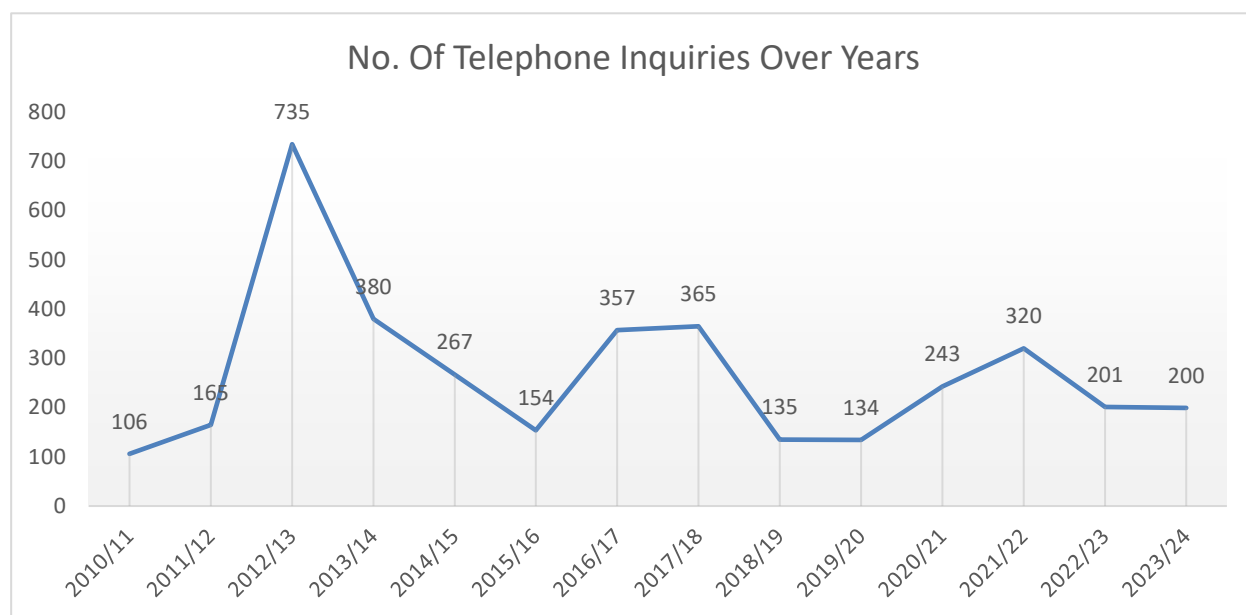
HKARF's well-trained arthritis volunteers provide psychological and peer support for patients 4 days a week, from Tuesday to Friday, between 2pm and 5pm. The majority of inquiries pertain to disease information.

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。

	<u>2022/23</u>	<u>2023/24</u>
<i>No. of telephone inquiries 來電數目:</i>	201	200

1 April 2023 to 31 March 2024:

	(2022/23)	2023/24 2346 6336 (office line)	2023/24 2346 2999 (Arthritis Buddy Helpline)	2023/24 Total
Total no. of incoming calls	(201)	77	123	200
Total minutes	(3,249.5 mins)	608 mins	2,191 mins	2,799 mins
Average duration of call	(16.17 mins)	7.90 mins	17.81 mins	14.00 mins



Website Q & A, Email Enquiry and Facebook Enquiry

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.

我們很高興擁有一個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。

網站Q & A、電郵及Facebook查詢

Website Q & A 網站Q & A (1 April 2023 to 31 March 2024):

Total no. of inquiries查詢總數: 23 (50)

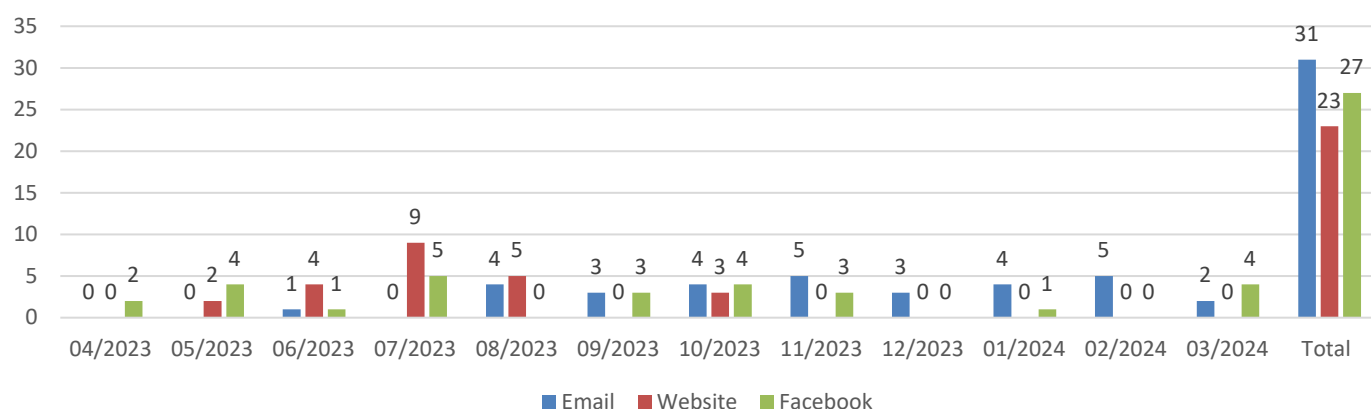
Email Enquiry電郵查詢 (1 April 2023 to 31 March 2024):

Total no. of inquiries查詢總數: 31 (23)

Facebook Enquiry Facebook查詢 (1 April 2023 to 31 March 2024):

Total no. of inquiries查詢總數: 27 (25)

Monthly distribution of enquiry for the period 04/2023 - 03/2024



SCIENTIFIC COMMITTEE 科學委員會

1) HKARF/HKSR Scholarship

香港風濕病基金會/香港風濕病學學會獎學金

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 was 1 application in the year 2023/24. Total approved grant was HKD60,000.

香港風濕病基金會/香港風濕病學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。就實習生而言，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。2023/24年共收到1個申請，獲批金額為港幣60,000元。

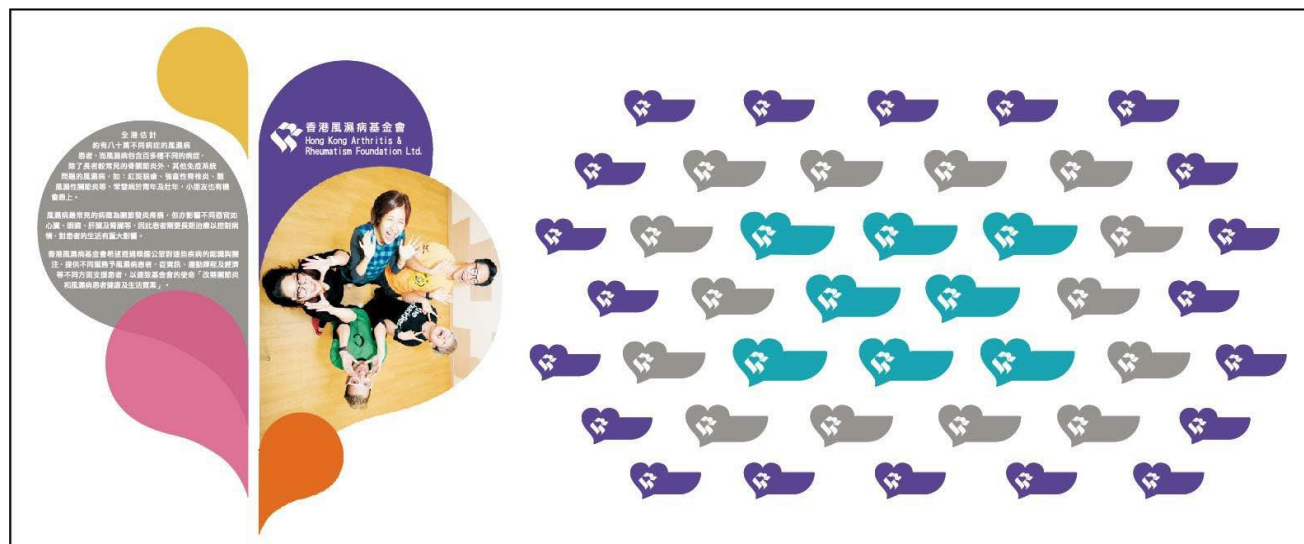
FINANCE & FUNDRAISING COMMITTEE

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	Eli Lilly Asia, Inc.	美國禮來亞洲公司
	GSK Limited	葛蘭素史克有限公司
	Ms. Tse, On Nai	謝安妮女士
Silver Sponsorship 銀贊助	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
Copper Sponsorship 銅贊助	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

FINANCIAL REPORT 財務報告

HIGHLIGHTS OF FINANCIAL ACTIVITIES (FOR THE YEAR ENDED 31 MARCH 2024)

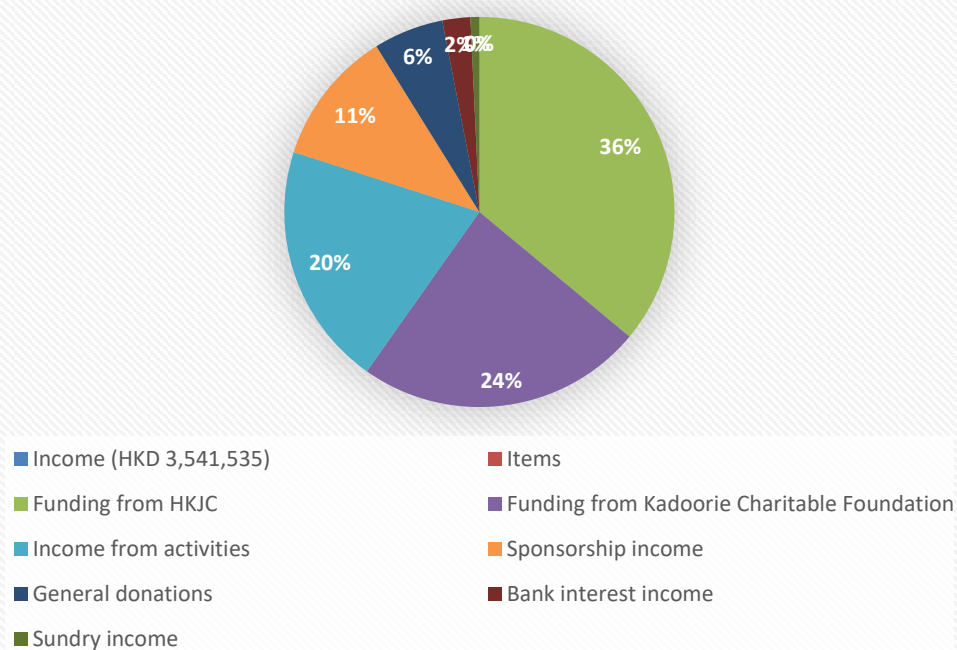
財務活動要點（截至 2024 年 3 月 31 日）

STATEMENT OF PROFIT/LOSS AND OTHER COMPREHENSIVE INCOME (FOR THE YEAR ENDED 31 MARCH 2024)

	2023/24	2022/23
	HKD	HKD
Income		
Book sales	1,487	2,227
Funding from HKJC	1,275,677	1,347,056
Funding from Kadoorie Charitable Foundation	840,825	-
General donations	205,248	278,290
Income from activities	714,370	114,130
Sponsorship income	395,700	884,450
	3,433,307	2,626,153
Other income		
Anti-epidemic fund	-	120,000
Bank interest income	82,123	561
Sundry income	26,105	78,095
	108,228	198,656
Activities expenditure	(1,557,977)	(383,571)
Administrative expenses		
Accountancy fee	62,725	-
Advertisement	21,847	-
Auditor's remuneration	10,000	10,300
Bank charges	6,330	1,344
Computer expenses	39,834	19,356
Courier	24,955	31,239
Company secretary fees	14,740	47,750
Cleaning	19,997	22,714
Depreciation	44,437	43,437
Electricity, water and gas	27,161	23,129
Epidemic prevention expenses	-	130,464
Grant to patients	-	127,672

Insurance	40,694	59,717
Mandatory provident fund	62,978	73,565
Office Equipment	6,916	6,720
Printing, postage and stationery	32,061	48,651
Public education expenses	310,514	539,421
Recruitment	8,008	5,824
Rent and rates	162,100	68,300
Repairs and maintenance	12,262	28,973
Refreshment and souvenirs	11,954	20,992
Salaries and allowance	1,523,841	1,531,535
Staff training	5,950	-
Storage fees	9,726	11,671
Sundry expenses	8,213	33,998
Transportation	3,176	5,458
Telephone and internet	23,240	30,409
	(2,493,659)	(2,922,639)
(Deficit) / Surplus before tax	(510,101)	(481,401)

Income (HKD 3,541,535)



Income (HKD 3,541,535)		
Items	HKD	%
Funding from HKJC	1,275,677	36.02%
Funding from Kadoorie Charitable Foundation	840,825	23.74%
Income from activities	714,370	20.17%
Sponsorship income	395,700	11.17%
General donations	205,248	5.80%
Bank interest income	82,123	2.32%
Sundry income	26,105	0.74%

Book sales	1,487	0.04%
	3,541,535	

Patient Support Activities Expenditures

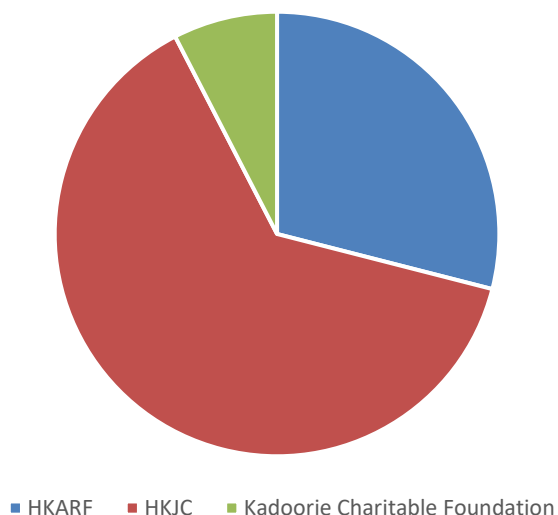
	Activities income	Activities expenses	Surplus / (Deficit)
Funding from HKARF			
1. Pilot Scheme for Therapeutic Ceramics Classes	20,175	-125,688	-105,513
2. Expensive Drug Support Scheme	264,800	-390,243	-125,443
3. Patient Conference 2023	154,005	-49,352	104,653
Funding from HKJC			
4. Hydrotherapy Classes	173,350	-529,449	-356,099
5. Patient Self management Programme	5,840	-31,134	-25,294
6. Physiotherapy Exercise Class	78,500	-114,633	-36,133
Funding from Kadoorie Charitable Foundation			
7. Pilot Scheme for Therapeutic Ceramics Classes	13,800	-108,756	-94,956
8. Pastel Nagomi Art Workshop	3,900	-4,122	-222
9. VR Project of Nursing and Health Studies	-	-204,600	-204,600
	714,370	-1,557,977	-843,607

Major Administrative expenses

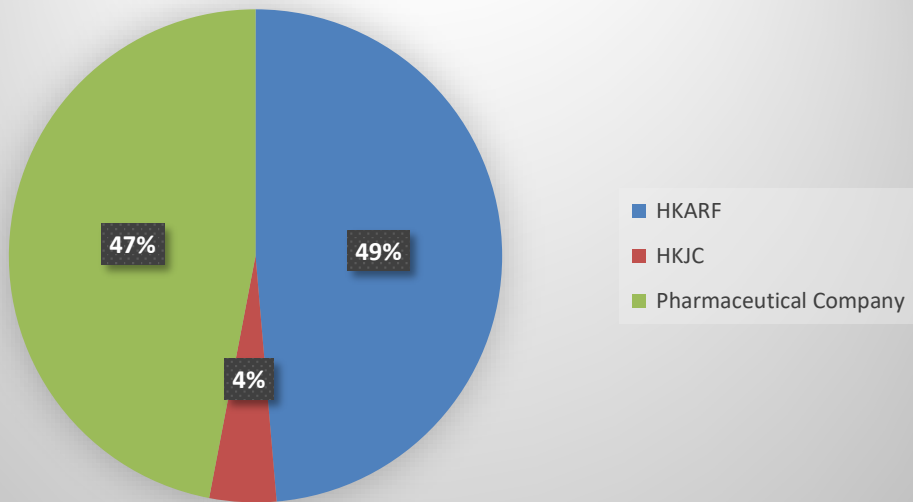
Items	HKD	%
Salaries and allowance	997,241	40%
Direct Services*	526,600	21%
Public education expenses	310,514	12%
Rent and rates	162,100	7%
Mandatory provident fund	62,978	3%
Accountancy fee	62,725	3%

*Fully funded by HKJC.

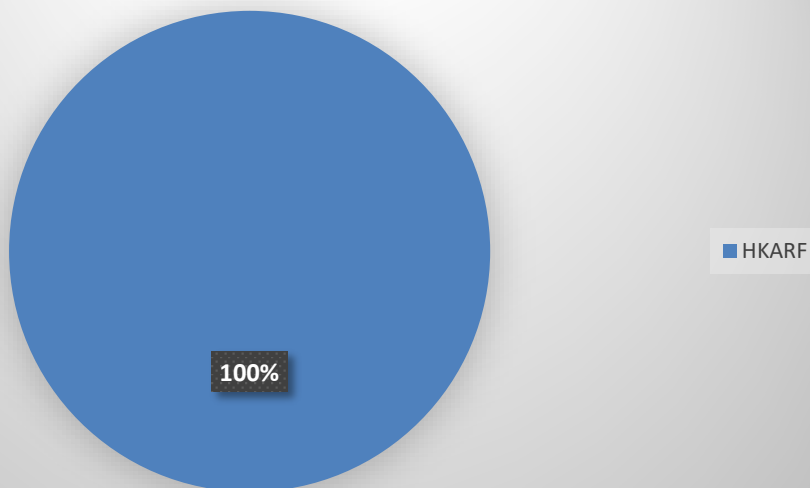
Salaries and allowance



Public education expenses



Rent and rates



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 selfmanagement 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。

LOOKING AHEAD 展望將來

Hong Kong Arthritis & Rheumatism Foundation takes pride in the achievements made through the joint efforts of our former leaders and colleagues. Looking to the future, we shall continue to do our utmost to support patients with rheumatic diseases and work closely with the rheumatic community to pursue new breakthroughs.

香港風濕病基金會為我們的前任領袖和同事共同努力所得的成果感到自豪。展望將來，我們將繼續竭盡所能，為風濕病患者提供支持，並與風濕病社群緊密合作，追求新的突破。

APPENDIX

LIST OF ACTIVITIES 2023/24

Date	Events	Committees
2023-2024	Hydrotherapy Programme No. of sessions: 424 No. of patient sessions: 2,883 (503 patients)	Patient Support Committee
2023-2024	Physiotherapy Exercise Class No. of sessions: 270 No. of patient sessions: 1,364 (293 patients)	Patient Support Committee
2023-2024	Occupational Therapy No. of patient sessions: 4	Patient Support Committee
2023-2024	Arthritis Self-management Programme	Education Committee
2023-2024	Peer Coach Training Programme No. of volunteers: 22	Education Committee
2023-2024	Community Education Workshops No. of workshops : 4 No. of participants : 89	Education Committee
3 March – 28 April 2023	2023 Peer Volunteer Training – Event Design and Implementation Skills No. of participants attended : 12	Education Committee
15 April 2023	Rheumatic Meeting Room 風濕會客室 Topic: Guidelines for Diet and Weight Management for Patients with Rheumatic Diseases Speakers : Mr. Wong, Hin Wai Will (Physiotherapist) and Ms. Lo, Ka Man Carmen (Dietitian) No. of engagements : 2,674 No. of views : 889	Education Committee
16-19 May 2023	Community Exhibition The 2 nd Art Hong Kong Expo	Education Committee
20 May 2023	Rheumatic Meeting Room 風濕會客室 What Are the Treatment Goals for Rheumatic Diseases? Is It to Achieve Disease Remission, or Can They Be Completely Cured? Speaker : Dr. To, Chi Hung (Hong Kong Arthritis & Rheumatism Foundation Vice Chairman, The Hong Kong Society of Rheumatology Chairman) No. of engagements : 2,577 No. of views : 1,070	Education Committee
July 2023	Newsletter – Arthritis Care Vol. 37 No. of issues : 1,707	HKARF

12 August 2023	Community Support Insight Series Topics: Rheumatic Diseases and Gastrointestinal Issues Speaker : Dr. Ho, Chi (Rheumatologist)	Education Committee
19 August 2023	Understanding Pulmonary Arterial Hypertension: A Heartfelt Connection Workshop Speakers: Dr. Ma, Kai Yiu (Rheumatologist) Dr. Fan Yue Yan, Katherine (Cardiologist)	Education Committee
19 August 2023	Rheumatic Information Station 風濕情報站 Topic: Traditional Rheumatology Medicines : Benefits and Self-care Tips Speakers: Dr. Yeung, Wan Yin (Rheumatologist) and Ms. Choi, King Yee Joyce (Rheumatology Nurse) No. of engagements : 16,785 No. of views : 20,269	Education Committee
22 August 2023	Exhibition at Heng On Commercial Centre	Education Committee
9 September 2023	Degenerative Arthritis Seminar Speakers: Dr. Wong, Ching Han Priscilla (Rheumatologist) and Ms. Chan, Hei (Physiotherapist)	Education Committee
16 September 2023	Shoulder Pain 《都市痛症面面觀-肩部疼痛》講座 Speakers : Dr. Chiu, Chi Kit (Consultant in Orthopaedic and Trauma Surgery), Ms. Wong, Kit Yee Lavin (Senior Clinical Associate (Physiotherapy), School of Medical and Health Sciences No. of peak views : 86	Education Committee
14 October 2023	2023 Patient Conference No. of attendees : over 150 No. of views : 250	Education Committee
November 2023	Series of Innovative Patient Support Activities Supported by Kadoorie Charitable Foundation 1. Ceramic Courses Incorporating Therapeutic 2. Pastel Nagomi Art Class Elements	Patient Support Committee
11 November 2023	Community Support Insight Series Topics: The Treatment of Rheumatism and Pain Speaker: Dr. Ho, Cheuk Man Louis (Rheumatologist)	Education Committee
25-26 November 2023	International Conference of Chinese Rheumatologists ICCR 2024	Education Committee

19 December 2023	Christmas Party with patients No. of attendees: 37	Education Committee
23 December 2023	Rheumatic Information Station 風濕情報站 Topic: How Rheumatoid Arthritis and Steroid Treatment Myths Can Be Effectively Utilized to Bring Positive Outcomes Speakers: Prof. So, Ho (Rheumatologist, Assistant Professor, Department of Medicine & Therapeutics Faculty of Medicine, The Chinese University of Hong Kong) and Ms. Leung, Yee Mei (Nurse Consultant) No. of engagements : 3,072 No. of views : 2,554	Education Committee
December 2023	Newsletter – Arthritis Care Vol. 38 No. of issues : 1,707	HKARF
6 January 2024	Lung and Arthritis Awareness Fun Day 風之友肺事傾同樂日 Speakers: Dr. Chan, Chiu Wai Shirley (Rheumatologist), Dr. Ko, Wai San Fanny (Respiratory Medicine), Ms. Wong, Kit Yee Lavin (Senior Clinical Associate (Physiotherapy), School of Medical and Health Sciences) No. of participants: 74	Education Committee
2 March 2024	Community Support Insight Series Topic: Rheumatism and Vasculitis Speaker: Dr. Ho, Chi (Rheumatologist)	Education Committee
16 March 2024	Rheumatic Friends Mindfulness Experience Camp Speaker: Dr. Ho, Chi (Rheumatologist), Dr. Leung, Kam Tong (Honorary Lecturer, the University of Hong Kong), and a team of social workers from the Hong Kong Society for Rehabilitation Community Rehabilitation Network No. of participants: 23	Education Committee

Hong Kong Arthritis & Rheumatism Foundation Ltd.**Address:** Flat 103-106, Nam Wai House, Nam Shan Estate, Shek Kip Mei, Kowloon**Tel:** 2346 6336**Arthritis Buddy Helpline:** 2346 2999**Fax:** 2346 6136**Email:** mail@hkarf.org**Website:** www.hkarf.org

