



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

Annual Report

周年報告

2024/25

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 2025)

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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

We should be proud as we work alongside arthritis patients by providing a comprehensive, patient-oriented service for them. I was deeply moved when I witnessed not only our Executive Committee members, Sub-Committee members and colleagues, but also a great many kind-hearted volunteers serving our Foundation and their own patient self-help groups, all of whom are committed to serving patients selflessly, to the best of their ability and knowledge. I sincerely believe that cultivating a cadre of connectors through our patient support, educational and scientific programmes, as well as professional multidisciplinary exchanges, is a crucial long-term strategy. The Hong Kong Arthritis and Rheumatism Foundation has organised many educational conferences, talks, and exhibitions at the district level and online, and has facilitated interaction and exchanges between multidisciplinary professionals in our regular Sub-Committee discussions and meetings. These efforts deepen mutual understanding and the exchange of insights, in order to create greater impact and maximise patient benefits.

We ought to be proud. Let us endeavour to continue raising it to new heights.

Dr. LEE Ka Wing Gavin

Chairman

Hong Kong Arthritis & Rheumatism Foundation Ltd

主席的話

我們應感到自豪，因我們與風濕病患者砥礪前行，致力提供全面且以病人為本的服務。當我看見不僅是執行委員會成員、小組委員會成員及同事們，還有眾多熱心義工，一同為本會及各自的病人自助組織無私奉獻，竭盡所能、傾注所學地服務病友時，我深深為之感動。我由衷相信，透過病人支援、教育及相關科研，以及跨學科研討交流，拓展脈絡為至關重要的長遠策略。香港風濕病基金會舉辦不同教育研討會、講座和展覽，在地區層面及網上進行，並在我們定期舉辦的小組委員會討論和會議中，促進跨專業同工的互動交流。這些努力加深了彼此的理解和促進交流，旨在為病人謀取更多福祉。

我們應以我們的工作為榮。讓我們繼續努力，將服務水平推向新的高峰。

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

Ms. CHAN King Chu

陳琮珠女士

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

陳麗雲教授

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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

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張偉良先生

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曲廣運教授

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

周肇平教授

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朱孟怡博士

Dr. CHUNG Margaret (Regeneration Society)

鍾惠玲博士

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何安達先生

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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
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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
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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

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陳家樂先生

Dr. TO Chi Hung (Rheumatologist)

陶志雄醫生

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梁綺薇女士

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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

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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

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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

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	Dr. MA Kai Yiu	馬繼耀醫生
Members 委員:	Mr. LAM Wai Hung Stephen	林韋雄先生
	Ms. LEUNG Anissa	梁淑賢女士
	Ms. KWOK Yin Yee	郭燕儀女士
	Ms. NG Mei Sum	吳美心女士
	Ms. YU Judy	余燕麗姑娘
	Dr. YU Ka Lung Carrel	余嘉龍醫生
	Dr. Wu Tsz Yuen	吳子源醫生

Patient Support Committee 病人支援委員會

Convener 召集人:	Dr. YIM Cheuk Wan	嚴卓雲醫生
Members 委員:	Ms. CHENG Suk Yi Cheryl	鄭淑儀女士
	Ms. MAN Hoi I Joyce	文凱儀女士
	Ms. LEUNG Christine	梁綺薇女士
	Prof. SO Ho	蘇皓教授
	Ms. WONG Kam Fung	黃金鳳女士
	Ms. WONG Lam	黃琳女士
	Ms. WONG Sai Ha	黃世霞女士

Scientific Committee 科學委員會

Convenors 召集人	Prof. LI TSANG Wai Ping Cecilia	李曾慧平教授
	Prof. TANG Yan Ki Iris	鄧因棋醫生
Members 委員:	Dr. CHEUNG Man Hong Steve	張文康醫生
	Ms. CHOI King Yee Joyce	蔡敬儀女士
	Mr. MA Chun Ho Oliver	馬俊豪醫師
	Dr. TSANG Hoi Lun Helen	曾凱倫醫生
	Ms. WONG Kit Yee Lavinia	黃潔怡女士
	Ms. YIP Ka Huen	葉家瑄女士

Finance & Fundraising Committee 財務及籌募委員會

Convenors 召集人:	Mr. CHAN Kar Lok	陳家樂先生
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	Dr. TANG Siu Fan Lorraine	鄧紹芬博士
Members 委員:	Ms. CHENG Pauline	鄭寶花女士
	Dr. LEE Ka Yan David	李家仁醫生
	Mr. SHIU Ka Yue (CorporateLink Limited)	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 organise 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。

Appointment of HKARF Ambassador: Mr. Bill Ng

基金會大使任命：吳大強先生



Hong Kong Arthritis & Rheumatism Foundation has invited Mr. Bill Ng, who previously took part in the TVB music singing contest programme 《Midlife, Sing & Shine!》, to serve as the ambassador of the foundation. During his two-year term, he has dedicated himself fully to charitable work, championing patient support and education initiatives.

基金會邀得曾參與無綫電視音樂選秀節目《中年好聲音》的吳大強（Bill 哥哥）擔任基金會大使，於兩年任期內全力以慈善為本，推動病人支援與教育工作。

ACTIVITIES UNDERTAKEN

AND RESULTS ACHIEVED 活動回顧

EDUCATION COMMITTEE 健康教育委員會

2024 Patient Conference

2024 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 10th November 2024 at the Cordis Hotel.

The conference was divided into 3 parts: “Understanding Rheumatology,” “Rheumatic Disease and Life Reorganisation,” and “Human Library – Friends of Wind: A Journey to Reorganise Life.”

The content covered aspects of promoting the psychological well-being of rheumatology patients and teaching self-management methods, thereby providing comprehensive care for patients’ needs.

The last part, “Human Library – Friends of Wind: A Journey to Reorganise Life,” featured experienced speakers—a retired fireman and a chef—who shared their experiences, explained how their careers had been affected, and described the journey of accepting the truth.

2024 風濕科病人研討會
主題：風濕病患生活重整

日期：2024年11月10日(星期日)
時間：下午1時30分至4時30分 內容：講座(同步進行Facebook直播)
地點：康得思酒店(旺角上海街555號明家坊)

13:30 - 13:35	簡介
13:35 - 14:20	講座一 認「適」疼痛 先認識，後互相適應再相處 李家榮醫生 余燕麗姑娘
14:20 - 15:05	講座二 風濕病患與生活重整 雷雅芳小姐
15:05 - 15:30	小休 (茶點及飲食供應)
15:30 - 16:15	座談會 真人圖書館 - 風之友重整生活之旅 李錦威先生 趙民恩先生

查詢請致電 2361 2838 公眾報名方法 免費入場

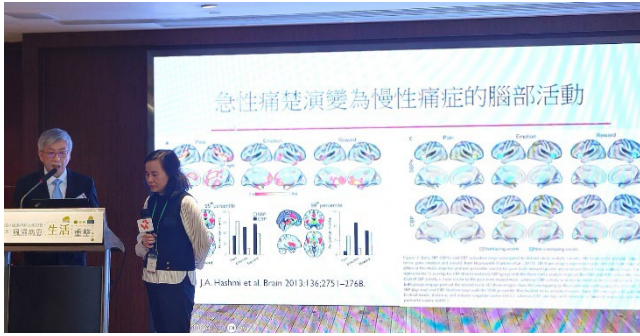


The conference attracted over 150 attendees and was also live-streamed on YouTube, where it drew an online viewership of 250.

由香港風濕病基金會及香港復康會社區復康網絡聯合主辦，並由香港賽馬會慈善信託基金贊助之風濕科病人研討會已於11月10日(星期日)於康得思酒店順利舉行。香港風濕病學學會及一眾風濕科病人組織及小組協力支持。共 150 多位病人及公眾人士踴躍參與，講座同步進行網上直播，讓 250 位公眾人士可在網上參與及重溫精彩節目內容。



研討會以風濕病患者生活重整為題，活動分為三部分，包括兩場教育講座及一節座談會。第一場講座由香港風濕病基金會主席李家榮醫生及明愛醫院風濕科資深護師余燕麗姑娘主講，題目為「認「適」疼痛 - 先認識，後互相適應再相處」。講座二由伊利沙伯醫院職業治療師雷雅芳小姐主講，題目為「風濕病患與生活重整」。第三部分則是「真人圖書館-風之友重整生活之旅」座談會，由香港強脊會會友李錦威先生及風濕科同路人趙民恩先生與各位嘉賓一同探討患病後重整生活之經歷。



退休消防員李錦威先生患上強直性脊椎炎超過 30 多年，病情曾令他感到絕望及迷惘。保持正面的信念令他最終能以消防員為終身職業。擔任中廚已有近 30 年的趙民恩先生於 2008 年確診強直性脊椎炎，對



其職業生涯造成了嚴重影響。他在香港風濕病基金會及香港復康會社區復康網絡得到持久的支援，生命的軌跡亦變得不一樣。



Innovative Technology in Rheumatology: A Forward-Looking Perspective and IAD Volunteer Commendation Ceremony 創新科技在風濕病治療前瞻暨 IAD 義工嘉許典禮



To mark International Arthritis Day, the “Innovative Technology in Rheumatology: A Forward-Looking Perspective and IAD Volunteer Commendation Ceremony” was organised by the Hong Kong Arthritis and Rheumatism Foundation and sponsored by the Hong Kong Jockey Club Charities Trust. The ceremony was held on Friday, 11 October, in the auditorium at the Hong Kong Space Museum.

We are greatly honoured to invite Dr. Carrel Yu, President of the Hong Kong Society of Rheumatology, to serve as the guest of honour at the ceremony.



Ms Lavinia Wong, Senior Clinical Associate at the School of Medical and Health Science of Tung Wah College and Mr. Timothy Wu, Senior Lecturer at the School of Nursing and Health Sciences of Hong Kong Metropolitan University, delivered insightful talks on the application of Artificial Intelligence, as well as on the use of a combination of mindfulness meditation and virtual reality (VR) immersive technology as a therapeutic approach for patients with rheumatic diseases.

A volunteer commendation segment was arranged as part of the ceremony to

recognise the long-term and selfless contributions of the volunteer team. Members from the Hong Kong Society for Rehabilitation — Community Rehabilitation Network and the rheumatology patient groups joined together to share in this meaningful occasion.

為響應國際風濕病日，由香港風濕病基金會主辦，並獲香港賽馬會慈善信託基金贊助之「創新科技在風濕病治療前瞻暨 IAD 義工嘉許典禮」已於 10 月 11 日(星期五)在香港太空館演講廳舉行。



我們十分榮幸邀請到香港風濕病學學會主席余嘉龍醫生擔任典禮的主禮嘉賓。東華學院醫療及健康科學學院高級臨床講師黃潔怡姑娘、都會大學護理及健康學院高級講師鄔忠銘先生就人工智能應用，以及結合靜觀與虛擬實景技術作治療風濕病媒介作深入淺出的講解。典禮設義工嘉許環節，以表揚義工團隊長久以來的無私付出。香港復康會社區復康網絡及風濕科病人小組、組織一同聚首，共襄美事。

Rheumatology Educational Videos 風濕科教育短片“「風」Show 人生”

With the support of a pharmaceutical company and the rheumatic patients' media team, the Hong Kong Arthritis and Rheumatism Foundation has created a series of educational videos, “「風」Show 人生”, and uploaded them to Facebook and the YouTube channel. As of 31 March 2025, 3 videos have been uploaded.

承蒙藥廠的熱忱，並由病人媒體義工協助拍攝，香港風濕病基金會共製作了一系列共八集的風濕科教育短片「風」Show 人生。截至 2025 年 3 月 31 日，3 段影片已上傳至基金會社交平台。



a) Debunking Myths About Managing Rheumatic Diseases

破解控制風濕病的迷思

Speaker 講者: Dr. Lee Ka Wing Gavin 李家榮醫生

Published Date 發佈日期: 5 March 2025

No. of reach 接觸人數: 1,806

No. of views 觀看人數: 3,218



b) Treatment Directions and Principles for Rheumatic Diseases

風濕病的治療方向與原則

Speakers 講者: Prof. So Ho 蘇皓教授

Published Date 發佈日期: 7 March 2025

No. of reach 接觸人數: 2,093

No. of views 觀看人數: 4,223



c) Common Examinations for Diagnosing and Treating Rheumatic Diseases

診治風濕病常見檢查

Speaker 講者: Ms Cheung 張栢欣姑娘 (Rheumatology nurse 風濕科專科姑娘)

Published Date 發佈日期: 31 March 2025

No. of reach 接觸人數: 1,218

No. of views 觀看人數: 1,987



Lung Disease-related Educational Short Film 肺病教育短片

與香港胸肺學會合作，推出關於肺病的教育短片。硬皮症患者周小琪沒有放棄，選擇通過繪畫尋找色彩，重新定義自己的世界。小琪鼓勵同路人，要不時留意自己身體的變化，定期檢查肺部。硬皮症雖折磨身心，但也要積極面對治療！硬皮症除了影響皮膚和關節，也有機會併發間質性肺病。風濕病科專科郭殷醫生指，初期症狀有經常疲勞、呼吸不順、氣喘等；隨著病情

惡化，會連進行簡單活動也感到吃力，所以硬皮症患者必須提高警覺，如有懷疑盡快通知醫生。

在治療硬皮症或併發的間質性肺病方面，呼吸系統科專科楊耀昌醫生分享，現時主要以類固醇及免疫系統抑制劑來控制，而抗纖維化藥物可減慢肺功能衰退；另外非藥物治療也同樣重要，包括氧氣治療及胸肺復康治療計劃，嚴重者或須進行肺部移植手術。因此，及早診斷及治療至關重要。

Teaming up with the Hong Kong Thoracic Society, HKARF had released an educational short film about lung disease. Despite never giving up, a scleroderma patient, Zhou Xiaopi, had chosen to find colour through art, and had redefined her own world. Xiaopi encouraged fellow patients to keep an eye on changes in their bodies and to get their lungs checked regularly. They added that scleroderma may torment both the mind and the body, but that people must face treatment with positivity.

They further said that beyond affecting the skin and joints, scleroderma could also lead to interstitial lung disease as a complication. Dr. Kwok Yan, a rheumatology specialist, said that early symptoms might include frequent fatigue, shortness of breath, and wheezing, and that as the condition worsened, patients might find even simple activities exhausting. She explained that was why people with scleroderma must stay alert, and that if anyone suspected anything, they should notify a doctor as soon as possible.

Regarding treatment for scleroderma and any accompanying interstitial lung disease, Dr. Yeung, Yiu Cheong, a specialist in respiratory medicine, said that current management mainly involved corticosteroids and immunosuppressive drugs to control the disease. They added that antifibrotic medications could also slow the decline in lung function. They also said that non-drug treatments were equally important, including oxygen therapy and chest and lung rehabilitation programmes. For severe cases, they reported that a lung transplant might be necessary, and therefore early diagnosis and treatment were crucial.

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 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.

基金會定期出版中英文通訊。《關懷》為中文半年刊，向病人及公眾介紹基金會的最新活動與計劃。

英文會訊《CHARM》則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。

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 is an important platform for promoting the activities of the Foundation and for sharing information about rheumatology. This year, HKARF has published 88 posts, which have received a total of 20,207 clicks. 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 88 篇貼文，點擊次數為 20,207 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。

Facebook post	No. of posts	MM/YY	No. of clicks
面書內容	貼文數目	月/年	點擊次數
活動及服務資訊	30	4/2024 - 3/2025	5229
運動與關節炎	15	5/2024-2/2025	809
靜觀	10	5/2024-2/2025	774
藝術治療與風濕病	7	5/2024 - 1/2025	474
乾燥綜合症	5	5/2024 - 12/2024	185
類風濕性關節炎	5	5/2024 - 3/2025	3,975
系統性紅斑狼瘡	3	7/2024 - 9/2024	679
風濕科病人研討會	3	7/2024 - 12/2024	3,087
強直性脊椎炎	3	7/2024 - 2/2025	244
血管炎	3	6/2024-12/2024	830
銀屑病關節炎	1	Mar-25	622
退化性關節炎	1	Mar-25	64
少年風濕病	1	Nov-24	236
皮膚炎	1	Dec-24	1046
痛風	1	Sep-24	1953

Public Education Talks 健康教育講座

Topic 題目: Hand Pain and Rheumatoid Arthritis 《手部疼痛與風濕關節炎》

Date 日期: 24 August 2024

Speaker 講者: Dr. Chan Pui Shan, Julia 陳珮珊醫生 (Rheumatologist 風濕科專科醫生)

Venue 地點: Fringe Club 中環藝穗會陳麗玲畫廊

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 6 educational seminars.

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 rheumatic patients' media team and patient groups, working collaboratively.

隨著疫情放緩，本年度《風濕情報站》共舉辦了 6 場教育講座。

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) Joint Pain in Kids: What Parents Should Do**

小朋友關節痛該怎麼辦？兒童風濕病的病因與治療

Speakers 講者: Dr. Florence Choi 蔡琇然醫生 Hong Kong Children's Hospital, Pediatric Specialist Visiting Doctor 香港兒童醫院 兒科專科駐院醫生

Ms. Nadia Hui 許慧慧姑娘 Hong Kong Children's Hospital, Senior Physiotherapist 香港兒童醫院資深物理治療師

Ms. Sanne Fong 方少麗姑娘 Hong Kong Occupational Therapy Association, Vice President 香港職業治療學會副主席

Date 日期: 8 June 2024

Mode 形式: Hybrid 實體及線上講座同步進行

Venue 地點: Hong Kong Playground Association 遊樂場協會

No. of Engagements 接觸人數: 129

No. of Views 觀看人數: 809

No. of Participants 參加人數: 72





b) Systemic Vasculitis Warning Signs and Treatment

系統性血管炎的警號與治療方法

Speaker 講者: 陳珮珊醫生 Dr. Chan Pui Shan, Julia (Rheumatologist 風濕科專科醫生)

Date 日期: 4 July 2024

Mode 形式: Zoom 線上講座

No of Participants 參加人數: 42

c) Long Term Dry Eyes and Mouth in Sjögren's Syndrome

長期眼乾、口乾小心患上乾燥綜合症

Speakers 講者: Dr. Tang Chun Pong 鄧振邦醫生 (Rheumatologist 風濕科專科醫生)

Mr. Dickson Lo 盧迪富先生

Date 日期: 24 August 2024

Mode 形式: Physical talk 實體講座

Venue 地點: Activity Room, G/F, Hong Kong Central Library
香港中央圖書館地下活動室

No. of Participants 參加人數: 58



d) Gout Diet: Foods to Eat and Those to Avoid

痛風知多少

Speakers 講者: Dr. Dennis Chan 陳天浩醫生 (Rheumatologist 風濕科專科醫生), Ms. Jessica Chow 周明欣女士 (Registered Dietitian I)

Date 日期: 19 October 2024

Mode 形式: Physical talk 實體講座

Venue 地點: Sham Shui Po District Health Centre 深水埗地區康健中心

No. of engagements 接觸人數: 14,980

No. of views 觀看次數: 50

e) Dermatomyositis: It's Not Just Skin Rash and Persistent Muscle Pain 是否出現皮疹加上肌肉持續疼痛，就是患上皮肌炎？

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

Date 日期: 28 December 2024

Mode 形式: Hybrid 網上及實體講座

Venue 地點: The Hong Kong Society for Rehabilitation
Community Rehabilitation Network Jockey Club Wang Tau Hom Centre
香港復康會社區復康網絡橫頭磡中心

No. of engagements 接觸人數: 11,000

No. of Participants 參加人數: 38





f) Psoriasis and Psoriatic Arthritis

牛皮癬、牛皮癬關節炎

Speaker 講者：Dr. Chris Cheung 張清林醫生
(Rheumatologist 風濕科專科醫生)

Date 日期: 29 March 2025

Mode 形式: Facebook Live Facebook 直播

觀看次數：12,300

Rheumatic Meeting Room 風濕會客室

HKARF holds online health education talks every season with support from pharmaceutical companies to enhance public awareness of rheumatic diseases and to provide patients with accurate information and knowledge on relevant topics.

承蒙藥廠的熱忱，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

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

合辦機構：香港醫學會
The Hong Kong Medical Association

Facebook 直播預告

題目：如何診斷類風濕性關節炎？

日期：2024年5月18日（星期六）

時間：晚上8點

嘉賓：風濕病科專科吳善巍醫生

a) How is Rheumatoid Arthritis Diagnosed?

如何診斷類風濕性關節炎？

Date 日期: 18 May 2024

Speaker 講者: Dr. Ng Sin Ngai Ray 吳善巍醫生

No. of engagements 接觸人數: 265

No. of views 觀看人數: 13,221

風濕會客室
Facebook 直播預告

持續腰背痛絕非小事
或患風濕病攻擊脊椎關節？

直播及即場問答
2024年7月27日（六）
8:00pm - 9:00pm

嘉賓 鄧因棋醫生
香港大學臨床醫學學院內科學系
臨床實務助理教授

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

合辦機構：HKASA 香港保安會 B27 Association

b) Persistent Low Back Pain is No Small Matter. Or is Rheumatism Attacking Your Spinal Joints?

持續腰背痛絕非小事 或患風濕病攻擊脊椎關節？

Date 日期: 27 July 2024

Speaker 講者: Dr. Iris Tang 鄧因棋醫生

No. of engagements 接觸人數: 152

No. of views 觀看人數: 22,283

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 programme, 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，包括水中運動復康治療課程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。

Hydrotherapy 水中運動復康治療課程

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

基金會由 2008 年起開展風濕科水中運動復康治療課程。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>2023/24</u>	<u>2024/25</u>
Session 節數:	424	626
No. of patient sessions		
人次:	2,883 (503 patients)	4,259 (673 patients)

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

Since 2013, the Centre has been conducting 4 exercise programmes 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>2023/24</u>	<u>2024/25</u>
Session 節數:	270	292
No. of patient sessions		
人次:	1,364 (293 patients)	1,921 (333 patients)

JC - PT Exercise Programme

1 April 2024 to 31 January 2025

Total no. of new referral cases 個案總數: 109 (69)

2024-2025 JC PT Exercise Programme	Period	No. of classes	No. of sessions	Total no. of participants	New comers	Repeaters	Scheduled Attendance	Physical Attendance
Center Phase 2	04/2024 - 05/2024	4	6	31	3	28	186	175 (94%)

Center Phase 3	05/2024 - 07/2024	6	6	40	9	31	240	231 (96%)
Center Phase 4	07/2024 - 09/2024	6	8	44	4	40	352	335 (95%)
Center Phase 5	10/2024 - 11/2024	6	8	47	9	38	376	336 (89%)
Center Phase 6	11/2024 - 01/2025	6	6	46	4	42	276	207 (75%)
失明人協進會 何文田中心	06/2024	2	4	12	12	0	48	48 (100%)
復康會康山中心	06/2024 - 07/2024	1	6	8	3	5	48	45 (94%)
可澤耆英鄰舍中心	05/2024 - 06/2024	2	6	20	20	0	120	116 (97%)
可澤耆英鄰舍中心	07/2024	1	4	12	12	0	48	48 (100%)
可澤耆英鄰舍中心	12/2024 - 01/2025	2	5	24	24	0	120	120 (100%)
李鄭屋中心	11/2024 - 01/2025	2	6	9	9	0	54	38 (70%)
Total	N/A	38	65	293	109	184	1,868	1,699 (91%)

2025 HKARF-PT Exercise Programme

Period: 21/2/2025 - 27/3/2025

Total number of new referral cases: 4

2025 HKARF PT Exercise Programme	Period	No. of classes	No. of sessions	Total no. of participants	New comers	Repeaters	Scheduled Attendance	Physical Attendance
Center Phase 1	02/2025 - 03/2025	6	8	40	4	36	320	222 (69%)
Total	N/A	6	8	40	4	36	320	222 (69%)

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 programmes incorporating therapeutic elements, pastel nagomi art programme 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。

2024-2025 Kadoorie Charitable Foundation – Ceramic Programmes 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

2024-2025 Quarry Bay Ceramics Programme	Period	No. of classes	No. of sessions (@4/class	Scheduled participant (@6/class)	Total no. of participants	Scheduled Attendance	Physical Attendance
Phase 3	08/04/2024- 29/04/2024	1	4	6	3	12	11 (92%)
Phase 4 (CRN)	06/05/2024- 27/05/2024	1	4	6	6	24	21 (88%)
Phase 4	03/06/2024- 05/08/2024	2	8	12	11	44	38 (86%)
Phase 5 (CRN)	12/08/2024- 02/09/2024	1	4	6	7	28	28 (100%)
Phase 5	09/09/2024- 28/10/2024	2	8	12	11	44	43 (98%)
Phase 6	04/11/2024- 31/03/2025	5	20	30	13	52	50 (96%)
Total	N/A	12	48	72	51	204	191 (94%)

Period: 1 April 2024 to 31 March 2025

Based on data from past participants, patients with rheumatic conditions showed significant improvement in hand function after completing the programme. The ceramic craft experience programme, 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，紓緩病人關節疼痛，加強手指肌肉功能，令身心放鬆。

2024-2025 HKARF Ceramics Programme	Period	No. of classes	No. of sessions (@4/class)	Scheduled participant (@6/class)	Total no. of participants	Scheduled Attendance	Physical Attendan ce
Phase 4	09/05/2024- 25/07/2024	3	12	18	12	48	48 (100%)
Phase 5	01/08/2024- 31/10/2024	3	12	18	14	56	43 (77%)
Phase 6	07/11/2024- 06/03/2025	3	12	18	9	36	34 (94%)
Phase 1 (2025)	13/03/2025- 03/04/2025	1	4	6	3	12	12 (100%)
Total		10	40	60	38	152	137 (90%)

2024-2025 Kadoorie Charitable Foundation - Pastel Nagomi Art Programme

嘉道理慈善基金會贊助和諧粉彩體驗課程

Period: 1 April 2024 to 31 March 2025

Patients with rheumatic diseases, under the guidance of a pastel nagomi instructor, are able to focus on simple, non-critical painting. Upon completing the programme, 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 programme 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。

Period: 1 April 2024 to 7 Jan 2025

2024 Pastel Nagomi Art Programme	Period	No. of classes	No. of session (@4/class)	Scheduled participant (@6/class)	Total no. of participants	Scheduled Attendance	Physical Attendan ce
Phase 1	16/04/2024- 19/08/2024	4	16	24	17	68	61 (90%)
Phase 2	06/08/2024- 07/01/2025	5	20	30	29	116	105 (91%)
Total	N/A	9	36	54	46	184	166 (90%)

Period: 1 Jan 2025 to 6 Apr 2025

2025 Pastel Nagomi Art Programme	Period	No. of classes	No. of session (@4/class)	Scheduled participant (@6/class)	Total no. of participa nts	Scheduled Attendance	Physical Attendance
Phase 1	14/01/2025- 11/02/2025	1	4	6	7	28	25 (89%)
Phase 1 (HKPsAA)	18/02/2025 - 11/03/2025	1	4	6	6	24	20 (83%)
Phase 1	16/03/2025 - 06/04/2025	1	4	6	5	20	19 (95%)
Total	N/A	3	12	18	18	72	64 (89%)

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 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 programme was commenced in June 2024.

類風濕性關節炎是本港常見的風濕科病症。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。第一期課程已於 2024 年 6 月開展。

Period: 13 September 2024 to 11 April 2025

2024 Virtual Mindfulness Training Period	Period	No. of classes	No. of sessions per class	Scheduled Participants	Physical Participants	Scheduled Attendance	Physical Attendance
Cohort 3	13/09/2024 to 01/11/2024	1	6	30	26	156	138 (88%)
Cohort 4	11/11/2024 to 20/12/2024	1	6	30	26	156	102 (65%)
Cohort 5	13/01/2025 to 21/02/2025	1	6	30	27	162	133 (82%)
Cohort 5 (Online)	13/01/2025 to	1	6	30	15	90	90 (100%)

	21/02/2025 Online						
Cohort 6	03/03/2025 to 11/04/2025	1	6	30	28	168	132 (79%)
Total		5	30	150	122	732	595 (81%)

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>2023/24</u>	<u>2024/25</u>
<i>No. of patient sessions</i> 人次:	4	0

1 April 2024 to 31 March 2025

Total no. of new referral cases: 0 (4)

Enrolled: 0 (4)

Withdrawn: 0 (0)

Total no. of sessions: 0 (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>2023/24</u>	<u>2024/25</u>
<i>No. of applications approved</i> 獲批申請:	42	61
<i>No. of beneficiaries</i> 受惠人數:	28	47
<i>Average subsidy amount</i> 平均資助額:	HK\$3,211.47 per patient	HK\$3,487.53 per patient
<i>Total subsidy amount</i> 總資助額:	HK\$138,093.00	HK\$212,739.40

1 April 2024 to 31 March 2025:

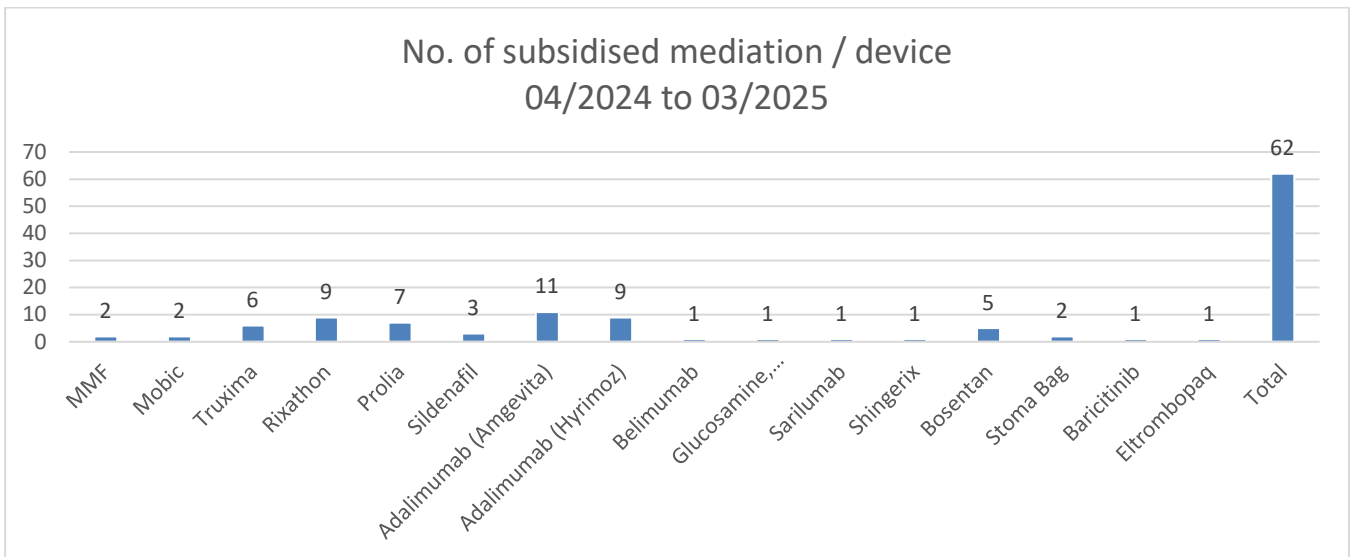
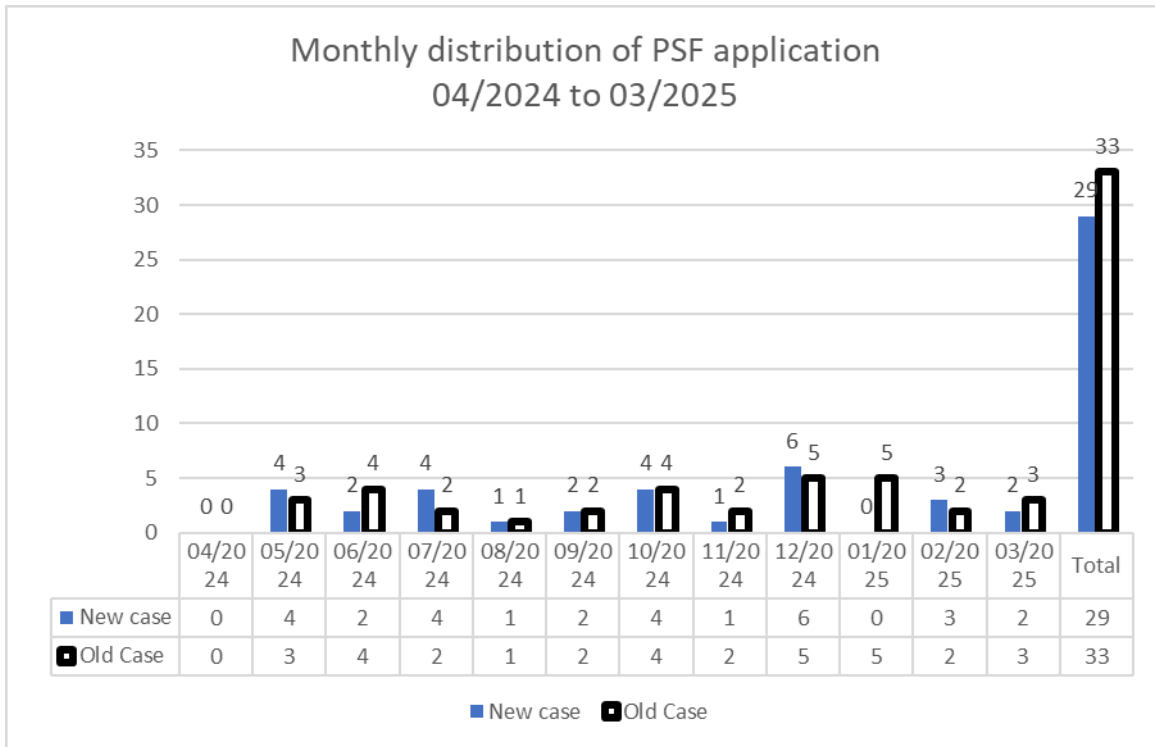
Total no. of applications 申請總數: 62 (43)*

Approved 獲批: 61 (42)

Withdrew/Rejected 撤回申請/不獲批: 1 (1)

Total no. of patients benefited 受惠人數: 47 (including 28 new patients 包括 28 位新病人) (28, including 18 new patients 包括 18 位新病人)

Total amount 總額: HK\$212,739.40 (HK\$138,093.00)



^ 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>2023/24</u>	<u>2024/25</u>
No. of applications approved 批核申請:	1	2
Total cost of subsidised medications 總支援藥物金額	HK\$5,000	HK\$10,000

1 April 2024 to 31 March 2025:

Total no. of applications 申請總數: 3 (2)

Approved 獲批: 2 (1)

Rejected 不獲批: 1 (1)

Total amount 總資助金額: HK\$10,000 (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 organise 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>2023/24</u>	<u>2024/25</u>
<i>No. of grant approved 已批資助數目:</i>	5	4
<i>No. of beneficiary groups 受惠組織數目:</i>	5	4
<i>Total amount 總資助金額:</i>	HK\$40,330	HK\$40,000

1 April 2024 to 31 March 2025:

Total no. of applications 總申請數目: 4 (5)

Approved 獲批: 4 (5)

Case No.	Association	Activity Date	Estimated no. of participants	Supported Amount
A067	B27 Association B27 協進會	27 April 2024	180	HK\$10,000
A068	Hong Kong Rheumatoid Arthritis Association 毅希會	22 March 2025	260	HK\$10,000
A069	Hong Kong Lupus Association 樂晞會	29 March 2025	180	HK\$10,000
A070	Hong Kong Ankylosing Spondylitis Association 香 港強脊會	1 March 2025	240	HK\$10,000
			Total: 860	HK\$40,000.00

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

HKARF has been collaborating with pharmaceutical companies to subsidise patients to purchase self-financed expensive medications prescribed by doctors in Hospital Authority hospitals. Almost all subsidised 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>2023/24</u>	<u>2024/25</u>
<i>No. of beneficiaries</i> 受惠人數:	172	182
<i>Total cost of subsidised medications</i> 總支援藥物金額	HK\$5,616,484	HK\$5,641,032

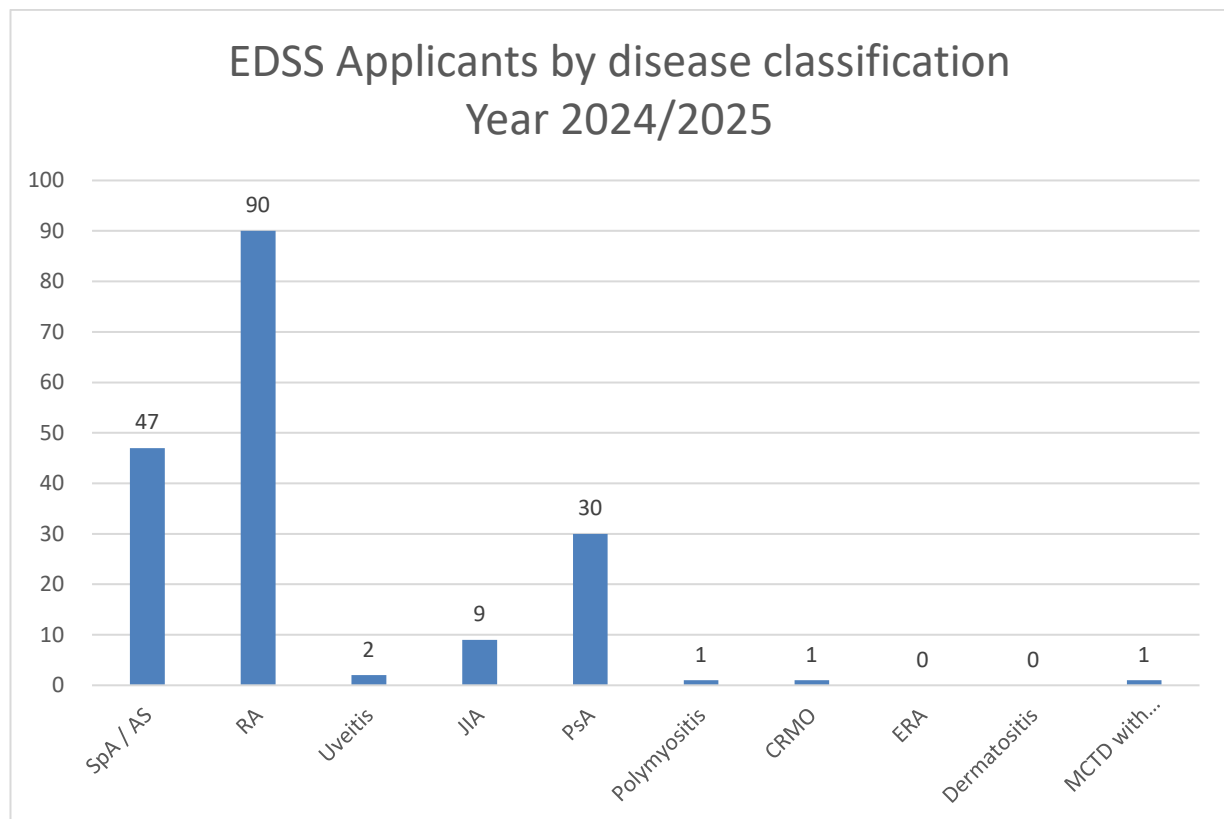
1 April 2024 to 31 March 2025:

Total no. of applications 申請總數: 182 (172)

Approved 獲批: 180 (172)

Withdrawn/Rejected 撤回申請/不獲批: 0 (0)

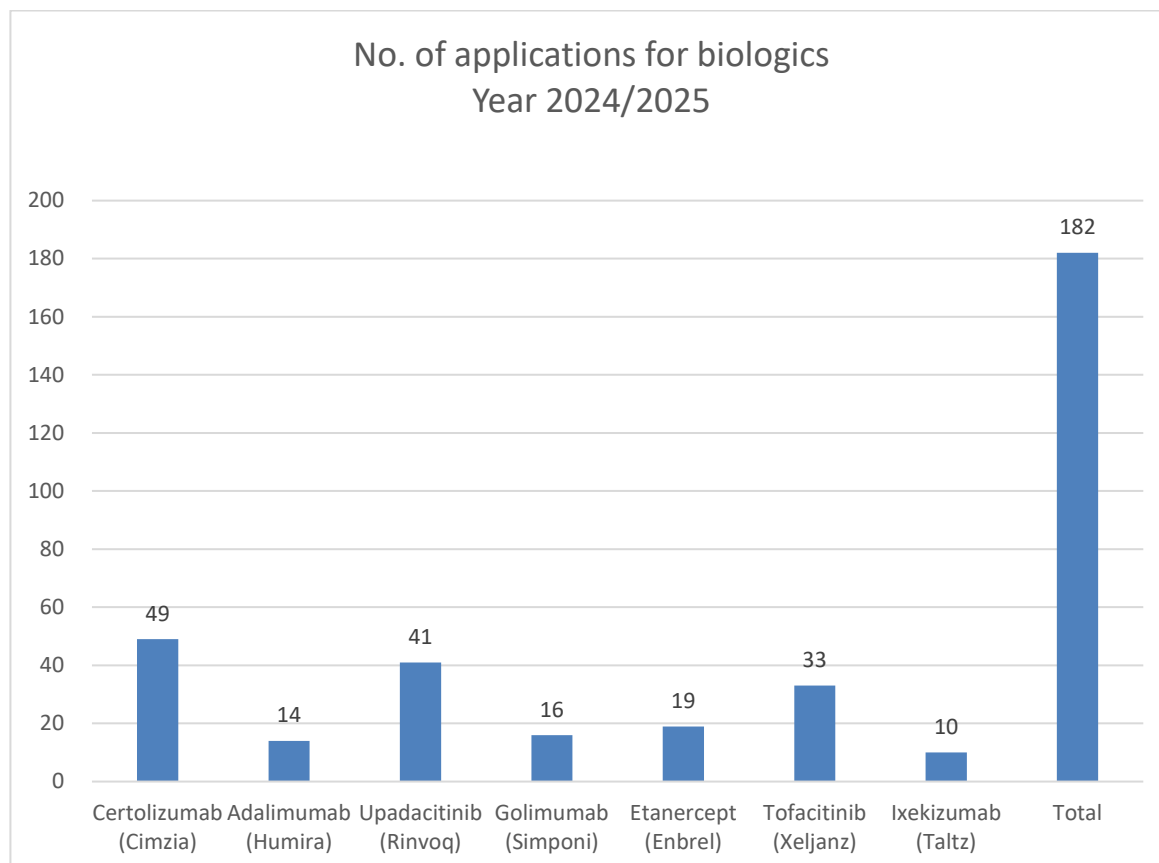
Total no. of new applicants 新申請人數: 46 (47)



- 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)
- ERA : Juvenile enthesitis-related arthritis
(幼年型附著點炎相關性關節炎)

Dermatomyositis : Dermatomyositis (皮膚炎)

MCTD with : Mixed Connection Tissue Disease with Arthritis
Arthritis (混合性結締組織疾病及風濕病)



Difficulty Level for Certolizumab (Cimzia®)	
Level 1 (1+1)	49
Level 2 (2+1)	0
Level 3 (3+1)	0
Total	49

Difficulty Level for Adalimumab (Humira®)	
Level 1 (1+1)	11
Level 2 (2+1)	3
Total	14

Difficulty Level for Upadacitinib (Rinvoq®)	
Level 1 (2+1)	36
Level 2 (3+1)	5

Total	41
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Difficulty Level for Golimumab (Simponi®)	
Level 1 (1+1)	10
Level 2 (2+1)	2
Level 3 (3+1)	4
Total	16

Difficulty Level for Etanercept (Enbrel®)	
Level 1 (1+1)	19
Level 2 (2+1)	0
Total	19

Difficulty Level for Tofacitinib (Xeljanz®)	
Level 1 (2+1)	31
Level 2 (3+1)	2
Total	33

Difficulty Level for Ixekizumab (Taltz®)	
Level 1 (2+1)	10
Total	10

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.

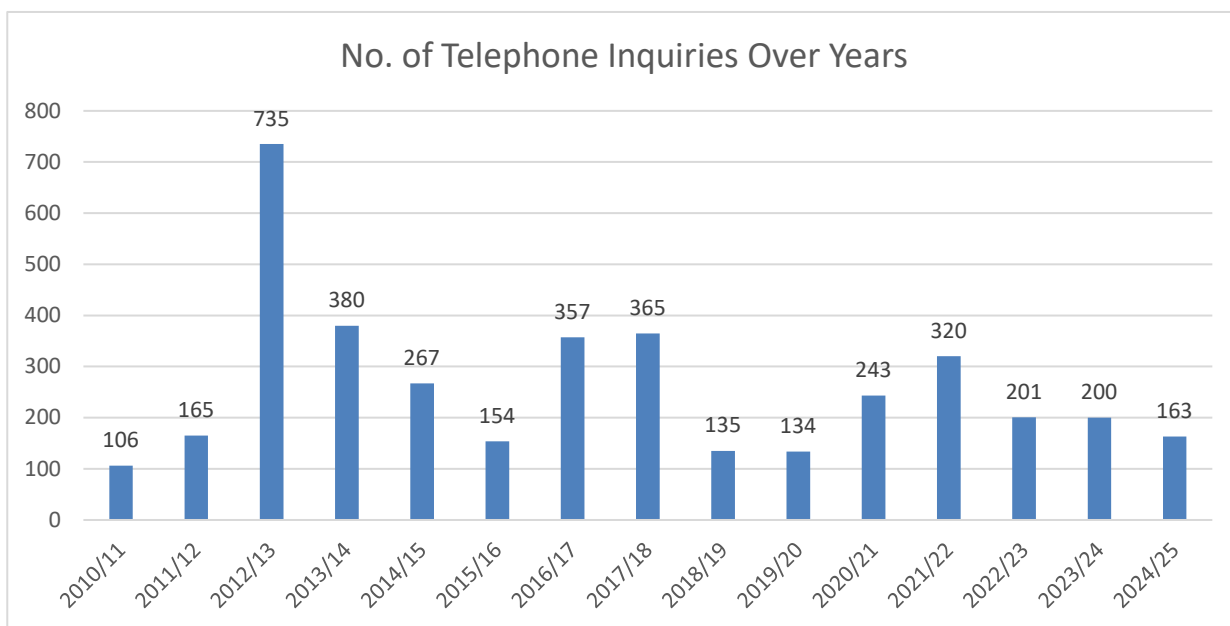
風知己朋輩熱線電話由已受專業培訓的風濕科病友義工接聽，服務逢星期二至五下午二時至五時展開。來電者多查問病科資訊。

	<u>2023/24</u>	<u>2024/25</u>
<i>No. of telephone inquiries</i> 來電數目:	200	163

1 April 2024 to 31 March 2025:

	(2023/24)	2024/25	2024/25	2024/25
		2346 6336 (office line)	2346 2999 (Arthritis Buddy Helpline)	Total
Total no. of incoming calls	(200)	40	123	163
Total minutes	(2,799 mins)	439 mins	2,624 mins	3,063 mins

Average duration of call	(14.00 mins)	10.98 mins	21.33 mins	18.79 mins
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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 2024 to 31 March 2025):

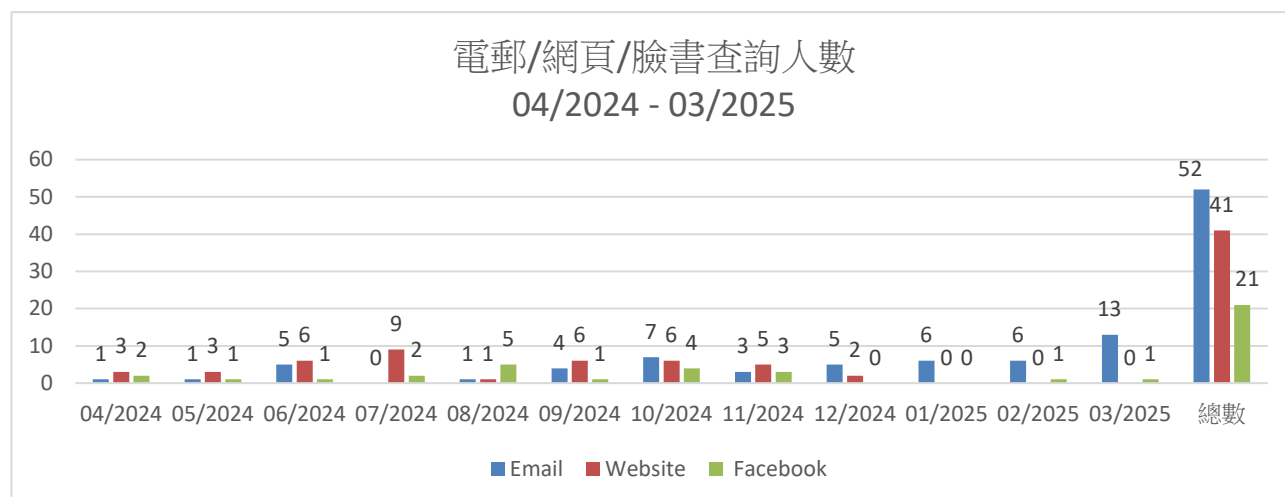
Total no. of inquiries 查詢總數: 41 (23)

Email Enquiry 電郵查詢 (1 April 2024 to 31 March 2025):

Total no. of inquiries 查詢總數: 52 (31)

Facebook Enquiry Facebook 查詢 (1 April 2024 to 31 March 2025):

Total no. of inquiries 查詢總數: 21 (27)



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 30 June every year. There was 2 applications in the year 2024/25. Total approved grant was HKD130,000.

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。只有在香港內科醫學院接受督導訓練課程的風濕病學實習生才有資格申請。申請截止日期為每年 6 月 30 日。2024/25 年共收到 2 個申請，獲批金額為港幣 130,000 元。

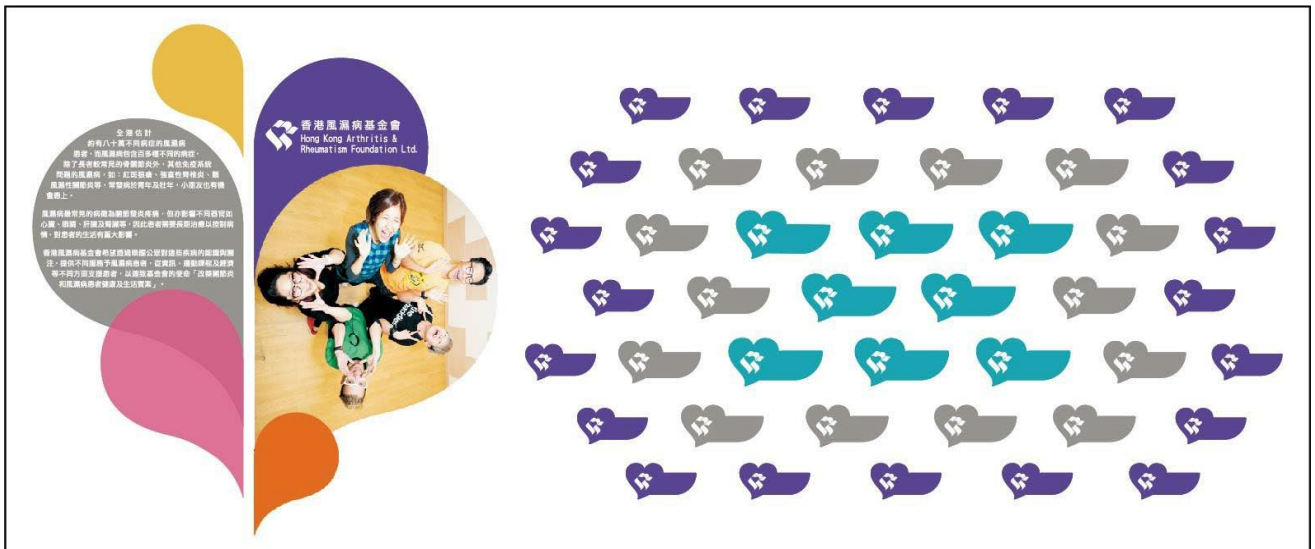
FINANCE & FUNDRAISING COMMITTEE

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，基金會繼續推展水中運動復康治療課程。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」，捐助水中運動復康治療課程經費，以愛心支持風濕病患者：



Diamond Sponsorship 鑽石贊助	Mrs. May Tam	譚麥美燕女士
Gold Sponsorship 金贊助	Mr. Chan, Kar Lok	陳家樂先生
	Eli Lilly Asia, Inc.	美國禮來亞洲公司
	GSK Limited	葛蘭素史克有限公司
	Pfizer Corporation Hong Kong Ltd.	美國輝瑞科研製藥有限公司
	SOGO Hong Kong Company Ltd.	
	The Hong Kong Society of Rheumatology	香港風濕病學學會
	Ms. Tse, On Nai	謝安妮女士
Silver Sponsorship 銀贊助	AbbVie Limited	艾伯維
	Amgen Hong Kong Limited	安進香港
	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

	Gladys Li	
	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
	Rotary Club of Kowloon West	九龍西區扶輪社
	Ms. Shi Nan Sun	
	Ms. Shirley Chan	譚陳書琴女士
	Thomas and Linda Lau Family Foundation	
	UCB Pharma (Hong Kong) Ltd.	香港許瓦茲有限公司
Copper Sponsorship 銅贊助	Alpha Nova Capital Management Limited	
	Am Fau Clansmen Assn (HK) Ltd	安進香港香港菴埠同鄉會
	Amgen Hong Kong Limited	安進香港
	Mr. Eugene Fong	方奕展先生
	Ngan Siu Hon Auction Painting	
	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
	Dr. Wong, Woon Sing Raymond	黃煥星醫生
	Ms. Yeung Ann Anna	



Hong Kong Arthritis & Rheumatism Foundation's “Hand-Created Splendour: Mastery in Practice” Community Exhibition

「手創風華 藝力在握」社區展覽

The Exhibition showcased handmade works by people living with rheumatic diseases, helping the public understand how different rheumatic conditions could affect the hands. It added that the exhibition also featured crafts made by rheumatology patients, teaching videos for hand joint exercise, as well as hands-on experiences and assessments of hand joint activities.

Dates/Times:

- 16 August 2024: 1:00 pm – 6:00 pm
- 17 August 2024: 10:00 am – 6:00 pm
- 18 August 2024: 10:00 am – 5:00 pm

Venue: The Fringe Club (Address: 2 Lower Albert Road, Central, Hong Kong)
Anita Chan Lai-ling Gallery



香港風濕病基金會「手創風華 藝力在握」社區展覽展出風濕病友的手藝作品，讓公眾認識不同風濕病如何影響手部，同時展出風濕科病友的手藝作品、鍛鍊手部關節教學影片及手部關節活動體驗與評估。

日期：2024年8月16日下午1時至6時

8月17日上午10時至下午6時

8月18日上午10時至下午5時

地點：中環藝穗會 (地址：香港中環下亞厘畢道二號) 陳麗玲畫廊



“Happy Hour—Good Friends Gather for Fun Fundraising Event” Happy Hour 良朋共聚歡樂時光籌款活動



The “Happy Hour—Good Friends Gather for Fun Fundraising Event” invited several popular singers and live bands, including Joe Junior, Mr. Bill Ng, the Medipella Doctor Acapella Choir, The Wings & Ginnie, and the Fantastic Band, among others.

In the middle of the event, a charity auction was held. Auction items included ink-wash paintings and ceramic tableware made by rheumatic patients.

The concert ultimately raised more than HK\$500,000 for the Foundation, which will be used for aquatic rehabilitation exercise and public education programmes.



其中「Happy Hour 良朋共聚歡樂時光籌款活動」邀請了多位人氣歌手及 Live Band，包括 Joe Junior、吳大強先生、醫生無伴奏合唱團 Medipella、The Wings & Ginnie 及 Fantastic 樂隊等。活動的中段時間進行了慈善愛心拍賣活動，拍賣品包括風濕科病友製作的水墨畫及陶瓷器皿。是次音樂會最終為基金會籌得超過港幣五十萬元善款，用於水中復康運動與公眾教育項目。

幣五十萬元善款，用於水中復康運動與公眾教育項目。

Sounds of Support for Rheumatic Patients Charity Concert | 妙管奇弦，風韻悠揚，支援病患 | 慈善音樂會



The Charity Concert, "Sounds of Support for Rheumatic Patients," co-organised by the Hong Kong Arthritis & Rheumatism Foundation and the SAR Philharmonic Orchestra, was successfully held on November 17 2024 at Hong Kong Jockey Club Amphitheatre.

Professor Lau Chak Sing, Vice-President & Pro-Vice-Chancellor (Health) and Dean of Medicine at The University of Hong Kong, and Honorary President of the Hong Kong Arthritis & Rheumatism Foundation, graciously served as the Guest of Honour for this event. The orchestra performed a series of captivating pieces, while Debbie, who played the harp during the concert living with rheumatoid arthritis, shared her inspiring story alongside other patients' stories, touching the hearts of nearly six hundred attendees.

This concert has raised funds, with all proceeds dedicated to patient support initiatives, primarily focusing on hydrotherapy and physiotherapy exercise programmes. We extend our heartfelt gratitude to all our generous donors and sincerely hope for your continued support of the Foundation's efforts in aiding our patients.

香港風濕病基金會與香港愛樂團合辦之「妙管奇弦，風韻悠揚，支援病患」慈善音樂會已於2024年11月17日於香港演藝學院香港賽馬會演藝劇院圓滿舉行。

香港大學副校長（健康）、李嘉誠醫學院院長、香港風濕病基金會創會主席劉澤星教授擔任是次慈善音樂會的主禮嘉賓。樂團為風濕科病人演奏悠揚不絕的樂曲，患有類風濕性關節炎的Debbie演奏豎琴。Debbie連同一眾風濕科病人的不懈故事感動現場近六百位風濕科病人及嘉賓。

籌募所得之善款將悉數投放在基金會的病人支援項目上，主要包括水中復康（水療）及物理治療課程。由衷感謝各善長的熱忱，誠盼各位繼續支持基金會的病人支援工作。



‘Empower Rheumatic Patients With Every Step!’ Charity Walk

「風濕病患者水陸運動賦能計劃」步行籌款活動



The Hong Kong Arthritis and Rheumatism Foundation is greatly honoured to have been chosen as the beneficiary organisation of the 17th ‘Walk for a Vision’, held on 16 March 2025, organised by the Hong Kong Sanatorium & Hospital Village Volunteers. This fundraising event raised nearly HKD 500,000 for the Foundation, supporting the “Empower Rheumatic Patients With Every Step!” programme. The funds will subsidise over 800 rheumatology patients to take part in hydrotherapy and physiotherapy courses, helping to relieve joint pain and, in the long term, improve their physical and mental health and overall quality of life.

Professor Lau, Chak Sing, Vice-President & Pro-Vice-Chancellor (Health) and Dean of Medicine at The University of Hong Kong, together with Dr. Lee, Ka Wing Gavin, Chairman of the Foundation, express their sincere gratitude to the HKSH Village Volunteers for their enthusiasm and support for the Foundation’s patient services. Under the leadership of Dr. Chan, Woon Tong Joseph, Chief Medical Officer of HKSH Medical Group, Deputy Medical Superintendent of Hong Kong Sanatorium & Hospital and Captain of the HKSH Village Volunteers, nearly 300 HKSH staff members, volunteers and friends of rheumatology patients set off from HKSH for a charity brisk walk along Sing Woo Road, Wong Nai Chung Gap Road and other routes. Some of these friends even made their way up Violet Hill to take part in a timed race, running in support of rheumatology patients.

At the ceremony, Dr. Yim, Cheuk Wan, Chairman of the Patient Support Committee of the Hong Kong Arthritis and Rheumatism Foundation, remarked that the proceeds from this event would benefit many rheumatology patients, enabling them to continue with hydrotherapy and physio-led exercises over the coming year. These 2 types of exercise courses are highly effective in relieving pain, enhancing physical fitness and improving patients’ psychological well-being, thereby allowing patients to manage their condition more comprehensively.

Ankylosing spondylitis patient Lee shared with the guests that she had previously taken part in the Foundation’s physio-led exercise programme. The physiotherapist would tailor the training movements according to each patient’s physical condition, so that everyone could exercise within their own capabilities. She also met fellow rheumatology patients who encouraged one another; as a result, she has become much more cheerful and has developed a habit of regular exercise.

(Photos provided by HKSH Medical Group)

香港風濕病基金會十分榮幸成為「養和山村義工隊」第 17 屆「健步樂行獻愛心」於 2025 年 3 月 16 日舉行之步行籌款活動受惠機構。是次籌款活動為基金會籌得近 50 萬港元善款，支持「風濕病患者水陸運動賦能計劃」，資助逾 800 名風濕科病人參與水療及物理治療課程，以紓緩關節疼痛，長遠改善身心健康及生活素質。

香港大學副校長（健康）、李嘉誠醫學院院長兼香港風濕病基金會創會主席劉澤星教授，以及香港風濕病基金會主席李家榮醫生由衷感謝養和山村義工隊對基金會病人支援工作的熱忱和支持。在養和醫療集團首席醫療總監、養和醫院副院長暨養和山村義工隊總隊長陳煥堂醫生的帶領下，近 300 名養和員工、義工及風濕科友好以養和醫院為起點，沿成和道、黃泥涌峽道等路段進行慈善健步行。部分友好更一路繞上紫羅蘭山，參與計時賽，為風濕科病人起跑。



香港風濕病基金會病人支援委員會主席嚴卓雲醫生於典禮表示是次善款收益能讓一眾風濕科病人受惠，得以於未來一年繼續進行水陸運動，此兩項在緩痛、體能提升及改善病人心理素質方面有顯著效能之運動課程，讓患者能更全面管理病情。強直性脊椎炎病人李淑芬與在場嘉賓分享自己曾參加基金會的陸上運動班，物理治療師會因應病人不同的身體情況度身訂做訓練動作，讓各病人能量力而為。她亦因而結識到不同的風濕科同路人，相互鼓勵，自己變得豁然開朗，亦培養了規律運動的習慣。

(相片由養和醫療集團提供)



FINANCIAL REPORT 財務報告**HIGHLIGHTS OF FINANCIAL ACTIVITIES (FOR THE YEAR ENDED 31 MARCH 2025)****財務活動要點 (截至 2025 年 3 月 31 日)****STATEMENT OF PROFIT/LOSS AND OTHER COMPREHENSIVE INCOME (FOR THE YEAR ENDED 31 MARCH 2025)**

	2024/25	2023/24
	HKD	HKD
Income		
Book sales	66	1,487
Funding from HKJC	3,227,880	1,275,677
Funding from Kadoorie Charitable Foundation	877,600	840,825
General donations	3,327,903	205,248
Income from activities	887,570	714,370
Sponsorship income	177,500	395,700
	8,498,519	3,433,307
Other income		
Bank interest income	45,713	82,123
Sundry income	19,960	26,105
	65,673	108,228
Activities expenditure	(2,369,003)	(1,557,977)
Administrative expenses		
Accountancy fee	40,200	62,725
Advertisement	16,576	21,847
Auditor's remuneration	30,900	10,000
Bank charges	4,088	6,330
Computer expenses	51,790	39,834
Courier	16,576	24,955
Company secretary fees	4,670	14,740
Cleaning	19,425	19,997
Depreciation	27,377	44,437

Electricity, water and gas	26,395	27,161
Insurance	36,746	40,694
Mandatory provident fund	54,090	62,978
Office Equipment	4,931	6,916
Printing, postage and stationery	9,525	32,061
Public education expenses	133,580	310,514
Recruitment	-	8,008
Rent and rates	282,800	162,100
Repairs and maintenance	29,445	12,262
Refreshment and souvenirs	21,452	11,954
Salaries and allowance	1,561,223	1,523,841
Staff training	27,412	5,950
Storage fees	-	9,726
Sundry expenses	37,293	8,213
Transportation	-	3,176
Telephone and internet	23,970	23,240
	(2,550,464)	(2,493,659)
(Deficit) / Surplus before tax	3,644,725	(510,101)

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 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 organise 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 programme, 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。有些亦擔任我們水中運動復康治療課程的班長，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. Our Executive Officer and Programme 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。我們的行政主任及項目主任亦列席他們的執行委員會會議，交流想法，並促進合作。

Brain Health Screening Day 腦健康篩查日

腦健康篩查日

1. 由中文大學醫科學生為區內長者進行認知檢測
2. 提供基本的認知障礙知識、預防方法

日期：10月10日(星期四)
時間：下午2:30 - 4:30
地點：石硤尾南山邨南偉樓103室
 香港風濕病基金會

對象：長者
費用：免費

主辦機構：

 民社服務中心

合辦機構：

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

贊助機構：

 社區投資共享基金
 香港房屋委員會


報名及查詢電話：
 民社服務中心
 3626 0640 (長者服務部)
 6707 3343 (社工阿炯)

香港風濕病基金會
 23466336

Medical students from the Chinese University of Hong Kong carried out cognitive assessments for elderly residents in the district, helping them gain basic knowledge of cognitive impairment and ways to prevent it.

Date: 10th October (Thursday)

Time: 2:30 pm – 4:30 pm

Venue: Hong Kong Arthritis & Rheumatism Foundation

Target: Elderly people

由中文大學醫科學生為區內長者進行認知檢測，讓長者掌握基本認知障礙知識及預防方法。

日期：10月10日(星期四)

時間：下午2時30分至4時30分

地點：香港風濕病基金會

對象：長者

LOOKING AHEAD 展望將來

Building on the strong foundation laid by our former leaders and colleagues, the Hong Kong Arthritis & Rheumatism Foundation looks ahead with a clear strategic vision. Moving forward, we remain steadfast in our commitment to advancing support for patients with rheumatic diseases, while fostering deeper collaboration across the broader healthcare community to drive meaningful progress and lasting impact in the field.

承接前賢與同仁奠定的堅實基礎，香港風濕病基金會憑藉清晰的策略藍圖展望未來。我們將一如既往，堅定致力於加強對風濕科病人的支援，同時促進醫療界的深度協作，推動具意義的可持續發展。

Hong Kong Arthritis & Rheumatism Foundation Ltd.

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