



香港醫護學會 Hong Kong Health Care Federation

社會影響報告
Social Impact Review
2012-15





The rainbow with 5 different colour lines represents the objectives of Hong Kong Health Care Federation:

- Caring the community
- Life-long learning
- Progress with time
- Public health
- Life Enrichment

彩虹內的五條彩色線條分別代表學會五個宗旨：

- 關懷社區
- 終身學習
- 與時並進
- 公眾健康
- 豐盛人生

The 4 leaves arranged in a book shape signify the inheritance of the knowledge and experience from the previous generation (dark green) to the new era (light green).

書本形狀的四片綠葉代表知識和經驗的傳承：由長輩（深綠的葉子）培育及支持新一代（青翠的葉子）。

為社區提升專業質素，以專業服務健康社區
For a healthier community, we advance!

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本冊子為學會服務的摘要，只可用作一般參考之用。本冊子不構成任何合約、協議或其部份。本冊子的資訊，更新至二零一五年十二月。往後倘有變更，可能不另行通告。

About Hong Kong Health Care Federation 有關香港醫護學會

The Hong Kong Health Care Federation is a charitable organization. We are dedicated to providing a knowledge exchange platform for healthcare professionals to share valuable experience, so as to continuously improve the quality of healthcare services in Hong Kong.

We aim to promote the importance of health by vigorously cooperating with social communities and regularly organizing free health seminars and exhibitions to the public. Besides, we emphasize social responsibility and participate in social welfare and charity activities with the intention of projecting and reflecting health message in communities.

The demand for healthcare talents in various institutions has always been far greater than the supply. We are committed to providing professional training for the purpose of improving the quality of medical and nursing services. Over a hundred of Continuing Nursing Education (CNE) courses which are approved by the Nursing Council of Hong Kong were held with over 1,000 participants graduated, making a significant contribution to healthcare field in Hong Kong. We are also recognized by the Social Workers Registration Board to provide programmes with Continuing Professional Development (CPD) credits.

Ageing population is a major concern

in Hong Kong. In 2009, we launched the "Quality Elderly Service Scheme (QESS)" with health management professionals as members of the steering committee in order to encourage the elderly service industry to improve.

Our volunteer team regularly organizes social welfare activities such as elderly home visits with the wish to improve the quality of life for the elderly.

香港醫護學會為政府註冊的非牟利慈善團體。本會希望能促進醫療及健康的技術發展和持續吸納一些志趣相投的醫療專家與技術人員，讓他們能發展各自所長，分享大家所發現的成果，從而提高本港以至亞洲的健康及醫療質素。

我們的宗旨是透過培訓和教育，提升醫護人員服務水平，為社區提供優質的醫護專才，以解決醫護行業人手不足的問題；積極與其他社區組織合作，提供免費健康講座和展覽會，以我們的專業知識向市民宣揚健康護理的重要性，回饋社會。

學會每月均會舉辦免費健康講座，並邀請醫護界的專家向參加人士提供醫護健康資訊，如不同疾病的成因及治療方法、防疫、個人保健、醫療事務管理等。

香港不少醫院、安老院舍、醫療機構都需要大量醫療和護理人才，但同時各方面的護理人員都供不應求，人手短缺增

加了在職護理人員的工作負擔。為改善護理人員的服務質素，我們致力提升同業的專業知識和服務水平。迄今我們開辦了多個獲香港護士管理局認可的持續護理教育培訓課程，培訓了過千名專業護理人員。同時，我們亦是社會工作者註冊局認可主辦持續專業發展活動的機構，學員可以透過我們的課程及講座，獲發持續專業發展學分。

香港人口老化的趨勢已成為大眾關注的議題，我們對此亦非常關注。本會自2009年起展開「優質長者服務計劃」，目的是鼓勵安老業界提升服務質素。計劃由醫護及各界專業人士組成督導委員會，專責監督計劃的推行及管理。

我們亦會組織義工隊不時舉辦公益活動，如探訪院舍、贈送水果和物資予長者服務機構，希望藉此讓長者更愉快、積極及健康地安享晚年。



Our team of Executive Officers, Director and President
香港醫護學會會長及董事與執行幹事合照



CHEUNG Kin-chung, Matthew 張建宗局長

德 賢
術 才
並 薈
彰 萃

勞工及福利局局長張建宗



香港醫護學會社會影響報告二零一二至二零一五年



Prof. CHAN Cheung-ming, Alfred 陳章明教授
安老事務委員會主席
嶺南大學亞太老年學研究中心總監

匯聚專業 貢獻社群

香港人口老化，長者人數增多，而長者因老化較易患病及或出現不同程度的失能情況，除了會增加安老護理人手的需求，亦對醫護人員對長者的照護技巧帶來挑戰，影響長者生活質素。

香港醫護學會一直以來積極推動社區的健康發展，凝聚了一群來自各行各業熱心社會人士。學會透過產品認證提升業界水平，提供培訓協助醫護人員進修增值，又以宣傳教育大眾不同範疇的健康訊息，從多個方面，促進社區建康。而學會的努力，正好回應了香港社會人口老化的新增醫護需求。

學會作為政府註冊的非牟利慈善團體，須妥善運用公共資源及善長捐輸，回饋社會。而透過是次《香港醫護學會社會影響報告2012-2015》的出版，回顧學會過去四年內所舉辦的醫護進修課程、安老及健康產品認證服務、免費健康講座及慈善探訪，除了讓公眾及會員認識到學會對社會醫護發展的貢獻和影響，亦可確保機構的運作保持高度公開和透明，並受公眾監察，則學會可時刻警惕，力臻完善，確保機構能將資源發揮最大的效果。

我謹此祝賀學會成功推出報告，並期望未來的報告一樣精彩，為香港的醫護發展帶來更多嶄新的經驗和啟示！

陳章明教授 BBS JP

Message from the President 會長的話



KWAN Chi-hong, Jacky 關志康先生

Thank you for reading the “Hong Kong Health Care Federation Social Impact Review 2012-2015”. We hope that this report will serve as a record of our work and thus readers can have a better understanding of our mission and development.

Founded in 2007, our Federation focuses on “Caring the community, Life-long learning, Progress with time, Public health, Life enrichment” for the purpose of serving the general public in Hong Kong. To enhance the knowledge and awareness of public health, we organize different types of volunteer activities including health talks, conferences and so on.

Over the past few years, apart from our “Quality Elderly Service Scheme”, training courses and the publication of “Asia Health Care Journal”, we further developed the product endorsement scheme, “The Favorite Healthcare Brand Awards” and the publication of the “Quality Elderly Service Cases of Good Practice”. I am honored to serve as the President for six consecutive years and lead our team of professionals to empower the healthcare industry to have continuous improvement. We hope to cooperate with different organizations and establish a stronger healthcare industry.

Wish all of you great health, happiness and prosperity.

Jacky Kwan
President

關志康
會長

歡迎參閱《香港醫護學會社會影響報告2012-2015》。報告記錄了學會的公益及健康推廣工作、工作成果及對社會的影響，讓各位醫護人員、合作伙伴和公眾人士可以進一步了解學會的工作及發展概況。香港醫護學會由2007年創辦至今，一直秉持「關懷社會·終身學習·與時並進·公眾健康·豐盛人生」宗旨，服務本港普羅大眾，透過不同類型的活動包括講座、研討會、公開論壇、展覽、課程以及定期出版的刊物，提供多種途徑予市民接觸健康護理資訊。

過去數年間，本會從多方面發展，我們總結以下六個重點工作：（一）推出健康產品認證計劃，於市面上嚴選合適的健康及護理產品，通過評審授予「香港醫護學會認可產品」資格；（二）自2012年起，每年舉辦「最受醫護人員歡迎健康品牌大獎」，嘉許及肯定傑出健康品牌的努力；（三）執行「優質長者服務計劃」，申請本計劃的長者服務營運機構須通過專業評核，才可獲得認可資格；（四）出版《全港優質長者服務 良好院舍個案分析》及《亞洲健康學術期刊》等不同書刊和健康小冊子；（五）舉辦不同醫護培訓課程，以培育業界人才；（六）推動關愛長者及義務工作，探訪安老院舍及獨居長者。

本人很榮幸於過往六年擔任會長一職，今後定必竭盡所能帶領我們的專業團隊，推動醫護界進步，繼續提升和鞏固現有的教育、認證、醫療和社會服務，積極參與或舉辦不同類型公眾健康慈善活動，弘揚本會業務。

但願在不久的將來，我們可以和更多不同領域的機構合作，為香港醫護界奠定國際級的地位。

順祝各位身體健康、工作和生活愉快。

Message of the Directors 董事的話

Work together to build a healthy community

Advisory members of our Steering Committee, with rich experience and knowledge, offer us valuable advice and encouragement over the years. As such, it smoothes the work of our Federation, we are grateful to have our Executive Officers' and volunteers' participation in various work towards a healthier community. Challenges ahead will not be less and we certainly need your continuous support to develop our services to benefit the public.

齊心協力，共創健康社會

這幾年，香港在各方面遇過種種挑戰和難關，尤其是醫護人手及質素問題，香港醫護學會積極地配合及支持醫護行業的發展，此實有賴各董事、學會委員及執行幹事的堅持及努力。董事除了定期與秘書處舉行會議，以了解學會的工作進展，亦著力維持機構透明度，並以高效率及穩健的方式監督機構運作。此外，督導委員會顧問成員亦透過他們的經驗和知識，給予學會不少寶貴的意見和指導，使學會的工作得以順利推行。而執行幹事及義工們亦積極參與學會活動，身體力行推動關懷社會的工作。在此，我們向督導委員會顧問團、執行幹事及義工團隊表達由衷的謝意。面對前面更多的挑戰，學會仍需各界的支持，攜手承傳使命，勇往直前，幫助更多有需要人士。

Directors 董事



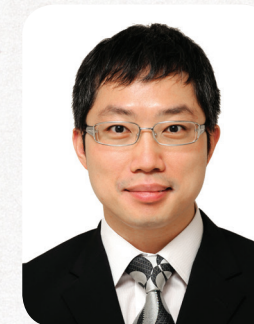
Mr. Kwan Chi Hong, Jacky
關志康先生



Ms. Hai Hiu Chu, Winsome
奚曉珠女士



Dr. Wong Pui Yiu, Beatrice
王珮瑤醫生

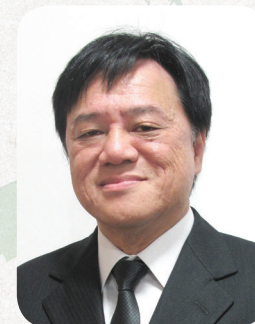


Dr. Leung Yu Lung, Dexter
梁裕龍醫生



Ms. Hui May Lin, May
許美蓮女士

Chief Executive 義務行政總監



Mr. Kwong Hon Chuen, Peter
鄺漢泉先生

Executive Committee 執行委員會



Chairperson 主席
Ms. Linda Wills
韋蓮黛女士
General Manager of OT&P Medical Practice
歐維德蔡添明醫務所總經理



Mr. Chan Koon Yuen, Windaus
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Partner of Keith Lam Lau & Chan
劉林陳律師行合夥人



Dr. Chung Chun Pong
鍾鎮邦醫生
Specialist in Neurology
腦神經科專科醫生



Mr. Timothy K.W. Ma, JP
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Former Executive Director of Senior Citizen Home Safety Association
長者安居協會創會總幹事



Ms. Man Kam Lai
文錦麗女士
Director of Siu Sin Nursing Centre
兆善護老中心董事



Mr. Mok Gar Lon, Francis
莫家麟先生
Immediate Past President of Hong Kong Institute of Human Resource Management
香港人力資源管理學會前任會長



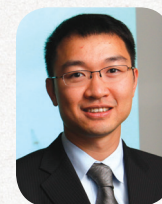
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何潔紅女士
Legal Counsel of Bank of Communication Ltd.
交通銀行有限公司法律顧問



Ms. Leung Shuk Lan, Angie
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Chief Executive of Charter Management Company
卓佳管理公司執行總監



Dr. Lum Shun Sui, Susie
林崇綏博士
President of The Provisional Hong Kong Academy of Nursing
臨時香港護理專科學院院長
Former Chief Manager (Nursing) of Hospital Authority
香港醫院管理局前任總護理行政經理



Mr. Pang Yat Bond, Derrick
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Deputy Chairman of Chun Wo Development Holding Ltd.
俊和發展集團副主席



Dr. Tik Chi Yuen
狄志遠博士
Director of The Hong Kong Institute of Family Education
香港家庭教育學院總監



Ms. Wan Lai Yau, Deborah
溫麗友女士
President of World Federation of Mental Health
世界心理衛生聯盟會長



Ms. Mau Siu Kwan, Annita
繆少群女士
Director of ASKMAU Strategic Communication
ASKMAU Strategic Communication 總監



Dr. Poon Wai Kwong
潘偉剛博士
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Prof. Wong Lung, Jack
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Director of Regulatory Affairs of Terumo BCT (Asia Pacific) Ltd.
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Past President of Hong Kong Institute of Chartered Secretaries
香港特許秘書公會前會長



Mr. Wong Kam Pui, Wilfred, JP
黃錦沛太平紳士
Chairman of Pay Trend Survey Committee, HKSAR
政府薪酬趨勢調查委員會主席



Mr. Wong Shek Kei, Anthony
王錫基先生
Former Commissioner of Innovation & Technology Commission
創新科技署前署長



Dr. Wong Sin Ying, Lillian
黃倩瑛博士
Head of Higher and Professional Education Division of Vocational Training Council
職業訓練局高等及專業教育科主管

Steering Committee Advisors 督導委員會顧問



Ms. Chan Fong Tei
陳芳蒂女士
Chairman and President of Tin Tin Home For The Aged Ltd.
天天護老中心董事長兼院長



Ms. Chan Yuk Yi, Joanne
陳玉儀女士
Dietitian
註冊營養師



Dr. Jordan Cheung
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Former Head of Division of Assessment and Senior Registrar, HKCAAVQ
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Dr. Kwong Wai Ping
鄺衛平博士
Vice-Chairman of Hong Kong Private Nursing Home Owners Association
全港私營安老院同業會副主席



Dr. Lee Kan Hing, Edwin
李根興博士
Founder of Bridgeway Prime Shop Fund Management Ltd.
盛匯商鋪基金集團有限公司創始人



Mr. Richard Lee
李伯英先生
Registered Social Worker
註冊社工
Chairman of SME Global Alliance Elderly & Disabilities Affairs Association
中小企國際聯盟安老及殘疾服務聯會主席



Dr. Leung Kin Nin, Kenneth
梁健年醫生
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Dr. Lui Sun Wing
呂新榮博士
Former Vice President of The Hong Kong Polytechnic University
香港理工大學原副校長



Mr. Look Ting Wah, Denys
陸庭華先生
President of The Hong Kong Mediation Alliance
香港調解聯盟會長

Reach out to the community
and deliver our care





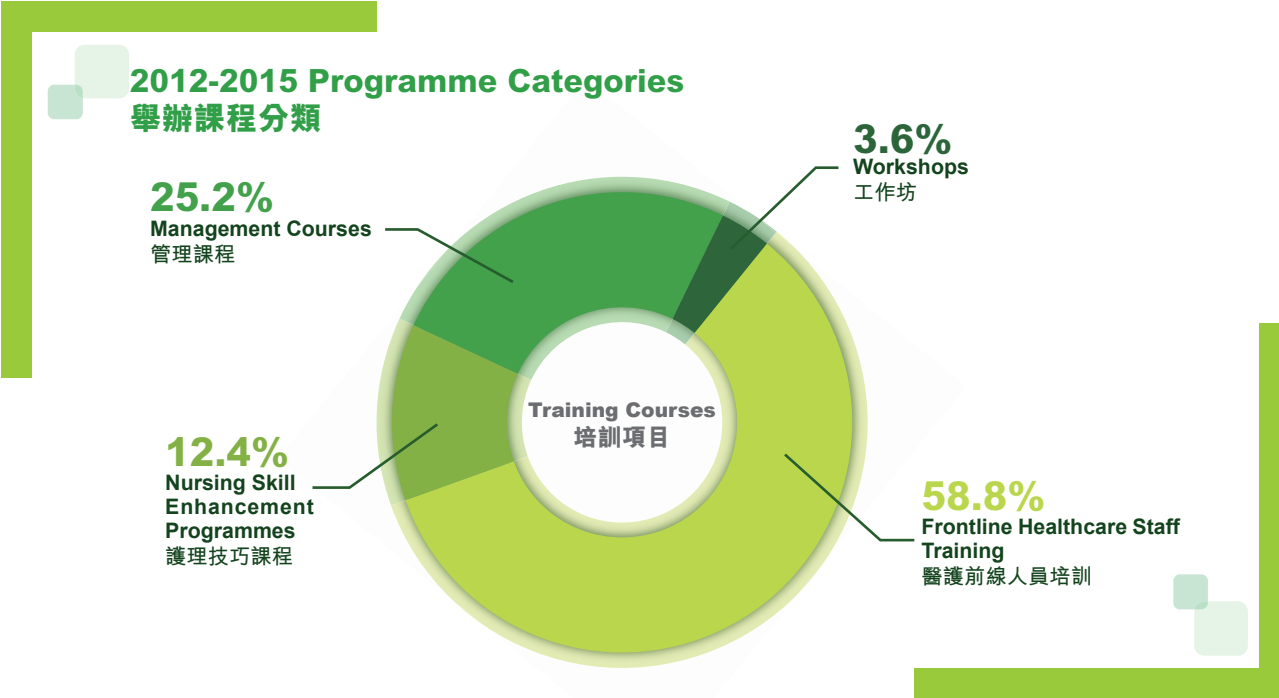
Professional Education 專業培訓

To relieve manpower shortage of the healthcare workforce, our Federation is dedicated to providing training courses for people who devote themselves to the healthcare industry.

為紓緩醫護業界人手短缺問題，本會一直致力透過不同形式培訓，為有志投身醫護行業的人提供機會為社區作出貢獻，也為不同的團體及醫療機構提供護理人才及為在職護理人員提供增值的機會。

As a recognition of our training quality, we have been accredited by the Hong Kong Council for Accreditation of Academic and Vocational Qualification to organize programmes with Quality Framework level 1-3. For instance, our Professional Mediation Certificate Course and Care-related Support Worker Training Course are accredited Level 3 and Level 2 under the Qualifications Framework respectively.

我們已通過香港學術及資歷評審局資歷架構之評審，並獲認可開辦資歷級別一至三級的課程。其中，專業調解證書課程已獲得資歷架構第三級認證，醫護支援人員（臨床病人服務）訓練證書亦已獲得資歷架構第二級別之認證，肯定本會課程之認受性。



Training Courses (Extract) 部分課程列表

Course name 課程名稱	Training hours 課程時數	Training mode 上課模式
Health Worker Training Course 保健員訓練課程	264	Full time / Part time 全日制 / 晚間兼讀制
Combined Health Worker Training Course 保健員統一訓練課程	336	Full time / Part time 全日制 / 晚間兼讀制
Care-related Support Worker Certificate Course 醫護支援人員（臨床病人服務）訓練證書	290	Full time / Part time 全日制 / 晚間兼讀制
Clinic Assistant Professional Certificate Course 中、西醫診所助護專業證書課程（雙證書課程）	84	Full time / Part time 全日制 / 晚間兼讀制
Physiotherapist Assistant (Practical Training) Course 物理治療助理（實務訓練）證書課程	29	Part time 晚間兼讀制
Occupational Therapist Assistant Certificate Course 職業治療助理證書課程	22	Part time 晚間兼讀制
Rehabilitation Assistant Training Course 復康助理員證書課程	30	Part time 晚間兼讀制
Certificate Course in Playgroup Tutor Training 嬰幼兒遊戲小組導師訓練證書課程	36	Part time 晚間兼讀制
Practical Training Course in Injection Techniques 注射技巧實務訓練	12	Part time 晚間兼讀制
Certificate Course in Venipuncture, Phlebotomy and Intravenous Infusion 抽血技術及靜脈輸液專業證書課程	27	Part time 晚間兼讀制
Continuous Ambulatory Peritoneal Dialysis Course 腹膜透析法訓練課程	30	Part time 晚間兼讀制
Professional Certificate on Lactation Stimulation 催乳師專業培訓雙證書課程	18	Part time 晚間兼讀制

Healthcare Training Programmes 醫護培訓



Young graduates of Care-related Support Worker
年輕一群醫護支援人員畢業，為業界注入新血



Health Worker students at nursing home practicum
保健員學生到安老院舍進行護理實習



"Patient-turning" practicum in class
學員在導師指導下實習照顧病人

We have been training a large number of frontline healthcare staff and equipping them with knowledge and skills to tackle new challenges.

Accredited by the Hospital Authority, our Care-related Support Worker Training Course have over **516** graduates serving at different hospitals. Our Health Worker Training Course and Health Worker of Residential Care Homes for Persons with Disabilities Course are also accredited by the Social Welfare Department. Over **782** students have been trained and subsequently serve at elderly homes and private hospitals. Apart from frontline healthcare staff, our Federation has held more than 36 sessions of allied health courses, including Physiotherapist Assistant, Occupational Therapist Assistant and Rehabilitation Assistant Certificate Courses.

We emphasize practicum in our training programmes. For instance, our Health Worker, Clinic Assistant, Physiotherapist Assistant graduates are equipped with practical skills and have undergone training in real working environment. Career development support is also offered to the graduates of the Health Worker and Care-related Support Worker Training Courses, helping students to pursue their healthcare career.

為使廣大市民能繼續享有高質素的醫療服務，香港醫護學會持續培訓各類前線醫護人員，為業界注入新力軍，紓緩人手不足問題。同時，我們亦為在職醫護人員提供持續進修的機會，幫助他們汲取新知識和技巧，以提供精益求精的服務。我們開辦醫院管理局認可的醫護支援人員（臨床病人服務）證書課程，至今培訓超過**516**位學員投身各公立及私家醫院工作。此外，我們亦獲社會福利署認可開辦保健員訓練課程及殘疾人士院舍保健員課程，培育超過**782**位註冊保健員及殘疾院舍保健員，投身社福界、安老服務界及私家醫院工作。除前線醫護人員外，我們舉辦逾36屆各類輔助醫療行業課程如物理治療助理、職業治療助理及復康助理員證書課程。

我們重視實習訓練，課程安排學員到不同機構如安老院舍、醫務所或嬰幼兒遊戲小組中心進行參觀及實習，讓學員了解實際工作情況。除此之外，我們更會為保健員及醫護支援課程人員課程畢業生提供3個月就業跟進服務，協助他們尋找護理工作。



Hospital recruitment activities for the graduates of Care-related Support Worker Course
醫護支援人員學員畢業後經本會安排參與招聘活動



On-site Training Programmes 到院培訓

Other than training programmes, our Federation has provided tailor-made courses for **128** organizations and companies, helping their staff to improve service quality continuously.

除了舉辦醫護進修課程，香港醫護學會亦會為各類機構代為制定各類培訓，並派導師親身到有關機構講授。至今，我們已為超過**128**間機構提供度身訂造課程，並涵蓋不同課題，當中包括技能提升訓練以及各種實用課程，協助業界提升服務質素。

Skill enhancement training 技能提升訓練

Personal Care Worker course, peritoneal dialysis technique training
起居照顧員課程、腹膜透析法訓練

Practical training in workplace 各種實用課程

First aid training, self-defense workshop, training on medical terminology
急救訓練、暴力控制脫身自衛術工作坊、醫護英語應用課程



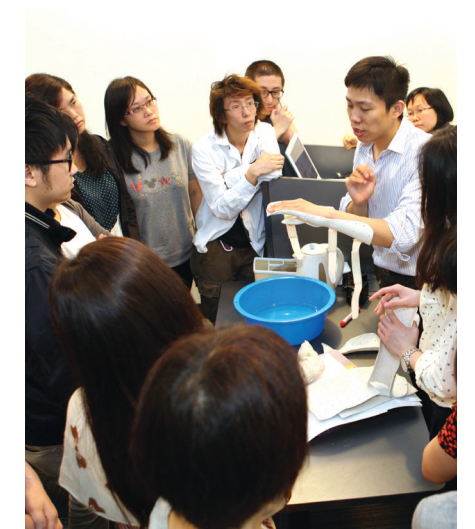
Continuing Education 持續進修

Healthcare staff is encouraged to enrich their knowledge by joining different training. Our Federation organizes training courses with Continuing Nursing Education and social worker's Continuing Professional Development accreditation.

我們每年開辦各類由香港護士管理局認可的持續護理教育培訓課程，增進在職醫護人員的護理技巧：如靜脈輸液、腹膜透析法等。我們亦是社會工作者註冊局認可的持續專業發展課程舉辦機構，為社福界同工增加進修機會。



Healthcare personnel actively participated in CPD programmes
逾百醫護人員參與持續進修講座



Nursing skill enhancement programme
護理技巧提升課程

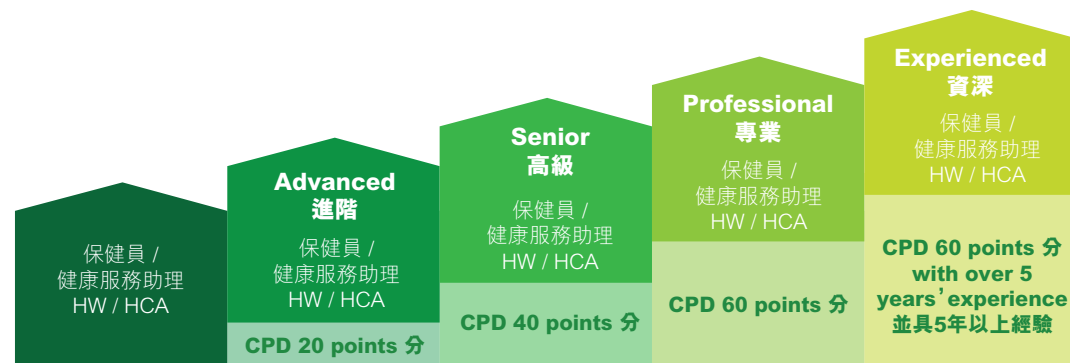
Health Worker & Health Care Assistant Association 保健員及健康服務助理協會



In order to enhance healthcare practitioners' professional standard, we established the Hong Kong Health Worker & Health Care Assistant Association. In 2015, the Hong Kong Health Worker Association became a member of The Federation of Hong Kong & Kowloon Labour Unions. It not only provides a knowledge exchange platform, but also provides our members with a career support channel. We are the pioneer in continuing education programme for frontline healthcare supporting staff, providing them with a clear career roadmap.

為了提高前線醫護人員的專業水平，我們於2010年成立香港保健員協會及健康服務助理協會，鼓勵同業持續進修醫護相關的知識。2015年香港保健員協會更成為港九勞工社團聯會之成員會。協會旨在為保健員提供互相交流技術的平台，鼓勵業界提升服務水平，同時為會員提供更多元化的就業途徑及資料。協會首創醫護前線助理人員「持續醫護進修計劃」，設立進修學分及晉升制度，幫助會員具體規劃醫護事業上的進修及發展路向。

Continuing Professional Development System 「持續醫護進修計劃」晉升制度



*CPD 1 point represents 2-hour participation in medical and nursing related activities
* CPD 1分代表最少已參與2小時的醫護相關活動

Career Talk 就業講座

We have been organizing over 80 career talks to over **6,000** participants in various community centres, job expos and secondary schools. In the meantime, we share insights in various career magazines. Youths and jobseekers can familiarize with the healthcare work and career path.

隨著越來越多青少年及求職者投身醫護界，香港醫護學會於社區會堂、就業博覽會、中學、夜校及補習學校等，為不同機構舉辦超過80場醫護進修及就業講座，向超過6,000名學生及市民介紹醫護行業資訊。本會亦於各大求職雜誌上分享有關醫護行業的就業路向，讓有意入行人士有機會了解醫護界的工作、職級及入行途徑等。



Career seminar for secondary school students
學會幹事向中學生介紹醫護行業



Presentation at the Education & Careers Expo
獲邀到教育及職業博覽會介紹各種護理及復康職級行業

The Open Day of healthcare industry 「醫護行業全接觸」開放日



To facilitate the public's understanding of the latest trend in healthcare industry, we have organized annual open day in our centre since 2013. More than **1,000** participants from youth centres, community centres, labour centres and secondary schools have participated. A seminar introducing healthcare industry will be held during the open day, covering the natures, prospects and career pathway of different healthcare positions. Participants could even experience first aid and the use of rehabilitation tools for the disabled in the game booths.

為了讓大眾市民更了解護理行業，本會自2013年起每年舉辦「醫護行業全接觸」開放日，活動邀請了來自社區中心、青年中心、就業中心以及學校的青少年，參與人次達**1,000**人。活動設有醫護入行講座，為參加者介紹不同職級之入行條件、工作職責以及晉升階梯等。同時更設置了不同攤位如急救學堂、扶抱技能站、助行器具教室等，讓參加者可以於醫護人員指引下了解不同醫療器具的結構和功用以及急救技巧等醫護知識，從而加深年輕人對醫護行業的了解。

Social Impact

Over **1,298** health workers and care-related support workers were trained to serve in hospitals and elderly service sector

Over **128** organizations and companies with **3,800** people, were benefited from the tailor-made health courses

Through the Continuing Professional Development System, **261** health workers and **476** healthcare assistants improved their nursing skills

Held over **80** public career talks for over **6,000** participants

More than **1,000** participants gained better understanding of healthcare work in the Open Day of healthcare industry held each year

社會影響

獲醫院管理局及資歷架構2級認可的醫護支援人員（臨床病人服務）證書課程和保健員訓練課程及殘疾人士院舍保健員銜接課程，至今培育超過**1,298**位學員，他們並投身於各公立、私家醫院及安老服務界工作

為超過**128**間機構提供度身訂造課程，並涵蓋不同醫護課題，培訓超過**3,800**人次

香港保健員協會以及健康服務助理協會協助**261**位保健員及**476**位健康服務助理透過「持續醫護進修計劃」提高醫護技巧

舉辦超過**80**場公開就業講座，為超過**6,000**名學生及市民提供醫護行業資訊

每年舉辦醫護行業全接觸開放日，將醫護行業訊息傳達予超過**1,000**名中學生

Elderly Service Accreditation 安老服務認證

The continued ageing population boosts the demand for elderly service, we launched “Quality Elderly Service Scheme”(QESS) in 2009 to improve the quality of elderly service and provide a reliable reference for the public.

鑑於香港人口持續老化，長者服務需求愈見殷切，本會於2009年成立「優質長者服務計劃」，藉著推動自我持續改善及第三方成效監察，提升安老服務機構質素，並為市民選擇安老服務時提供客觀、可靠的指標。

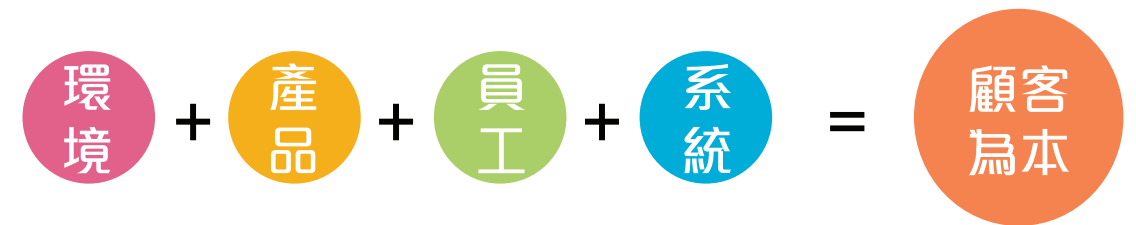


Quality Elderly Service Scheme 優質長者服務計劃

The audit team consists of a group of registered nurses and assessors. They are responsible for conducting assessments for the elderly service providers. Four scopes of assessment criteria which cover over **150** detailed aspects are evaluated. The assessors also conduct mystery onsite check to ensure the standard of service levels.

評核團隊由註冊護士及評審員組成，對安老服務機構進行實地審查。評核準則參考外國經驗、本港安老院舍牌照標準、社會福利署服務質素標準及本港其他評審計劃而訂立，四大評審範圍包括環境、服務、員工及系統合共超過**150**個項目，以確保其維持優質服務水平。

以安老院為例，優質長者服務計劃的評核標準以顧客為本，分4大元素、超過150個項目進行評審。概括如下：



The scheme has been launched for over six years and over **200** assessments have been processed. Our scheme is widely recognized by the elderly service sector, community and the government. Through this scheme, self-improvement of elderly service providers is highly encouraged.

本計劃踏入第七年，評審員已作出超過**200**次實地評審。計劃得到社會各界和安老業界廣泛認同。政府方面，安老院舍若參與此計劃並得到認證，將會在社會福利署的私營安老院「改善質位計劃」評分準則「增值服務」項目獲得較高評分，可見政府高度重視此計劃。本會期望藉此鼓勵安老業界為長者提供優質的服務，持續提升服務質素，以及增強業界的整體競爭水平。



Elderly home accredited for QESS certificate
向「優質長者服務計劃」合資格院舍頒發證書

參與認證計劃之院舍負責人感想：

案例一：仁愛護老中心有限公司（連續獲得六年認證的案例）
陸院長：對於仁愛護老中心這類面積寬敞的院舍來說，確保院舍設備的安全度尤其重要，「優質長者服務計劃」絕對功不可沒。計劃具有一套嚴謹且公平、客觀的評核標準，就參與院舍的環境設備、服務質素、營運管理以至員工質素等多方面作出評核，我們的院舍才能時刻確保服務及設備的水準，從而為長者提供最優質的安老服務。

案例二：德福護老中心（連續獲得五年認證的案例）
劉院長：院舍已經順利通過了第五年優質長者服務認證，通過每一次評審，專員都給院舍帶來新的管理思維，院舍也得以持續改善，提升了護理水準，並獲得使用者的認同及讚許。

案例三：港灣安老院（連續獲得兩年認證的案例）
翁主管：港灣安老院本着持續提升服務質素之精神，參加「優質長者服務計劃」。透過專業評審員給予本院寶貴的意見，使本院能進一步提升院舍的護理質素和管理服務，讓長者在一個舒適安全，備受尊重及愛護的環境下安享晚年。

Publication - “Quality Elderly Service Cases of Good Practice” 出版刊物——《全港優質長者服務 良好院舍個案分析》



“Quality Elderly Service Cases of Good Practice” was first published in 2010. **110,000** free copies are distributed to elderly homes, hospitals and Hong Kong Housing Society offices each year. It provides the public with healthcare and QESS qualified elderly service providers’ information.

《全港優質長者服務 良好院舍個案分析》自2010年創刊，每年發行**110,000**份（印刷及電子版），免費派送到全港918間安老院舍、25間公立及私家醫院、483間私營診所/化驗所及115間香港房屋協會辦事處。指南提供全港長者服務的概覽、關顧長者健康的文章分享；同時介紹獲「優質長者服務計劃」認證的機構以及專業評審員對獲認證安老機構於設施及服務方面的評價，為本港長者及其家人提供參考指引。

Community Involvement 社區推動

To strengthen the public understanding of QESS and to increase the transparency of local elderly service sector, our team distributes the QESS guidebooks and provides free consultation services in the community.

為加強市民對「優質長者服務計劃」的認識，以及增加本地長者服務業界的透明度，本會於各公共屋邨向市民大眾派發《全港優質長者服務 良好院舍個案分析》及張貼計劃海報，同時為市民提供即時諮詢服務，提高市民對安老服務及優質安老院舍的關注。



Support the Elderly Care and Disability Services Industry 支援安老及殘疾服務業界

Our President, Mr. Jacky Kwan has been the advisor of the SME Global Alliance Elderly Affairs Association since 2013. Over **300** elderly home owners are its members. Our Federation and the Association exchange ideas on a regular basis. Meanwhile, we provide them with free training and other support services.

會長關志康先生自2013年起擔任「中小企國際聯盟安老及殘疾服務聯會」顧問。聯會由一群資深安老服務同業所組成，至今已擁有超過**300**位會員。本會定期與聯會交流，提供免費培訓及其他支援服務，竭力提升同業服務質素及加強彼此之間的聯繫、溝通與合作。

Quality Elderly Service Pledge 《優質長者服務約章》聯署運動

Our “Quality Elderly Service Scheme Pledge” campaign encourages elderly service centres, healthcare staff and individuals to strive for a better life for the elderly.

為提供優質而貼心的安老服務，我們每年均發起《優質長者服務約章》簽署運動，並獲得長者服務機構、醫護人員、業界人士廣泛支持，攜手發揮關懷長者、扶老樂助的精神，為長者締造一個安心愉快的晚年。

約章內容：

我們承諾為長者提供高質素、妥善徹底而且安全無誤的服務。我們會緊守崗位，細心聆聽長者需要，並以長者利益為先，盡心照顧長者。



Social Impact

Processed over **200** onsite quality assessments for elderly service operators

Improved the quality of elderly service providers and provided a reliable reference for public

Promote quality services and enhance the elderly service sector’s transparency, assisting the public to select qualified elderly service providers

Over **500** elderly service providers, such as nursing homes and individuals signed the Quality Elderly Service Pledge

社會影響

到安老服務機構實地評審超過**200**次

透過自我持續改善及第三方成效監察，提升安老院舍服務質素，也為市民選擇安老服務時提供客觀、可靠的指標

指南推廣優質安老服務，宣揚敬老護老精神；提升安老服務業透明度，助市民選擇服務

《優質長者服務約章》聯署運動至今取得超過**500**間安老服務機構、醫護人員及社會人士簽署約章



Health Product Endorsement 健康產品認證

Having undergone the conformity assessment, high-quality health products are accredited by our Federation.

學會不定期於市面上嚴選合適的健康及護理產品，符合學會指定的條件及要求者，經評審後可獲授「香港醫護學會認可產品」資格。



Health Product Endorsement 健康產品認證

There is a growing demand for various health products in Hong Kong. In order to allow consumers to recognize high-quality health products, our Federation selects and conducts strict vetting for some popular health products in the market. The products which passed the assessment will be entitled with the accreditation logo and certificate for a specific period.

隨著近年香港的健康產品市場發展蓬勃，愈來愈多市民選購健康產品。有見及此，香港醫護學會於市面上挑選健康及護理產品，通過嚴謹評審程序，認證優質的產品。合資格的產品，可獲頒發香港醫護學會認可標誌、認可聲明及證書，讓消費者識別。

Endorsed Product List 部份獲認證產品名單（依有效日期次序排列）

獲認證產品	認證有效日期
IPM H ₂ O 氫離子能量棒（IPM010及IPM010S型號）	2015年12月28日至2016年12月27日
水。元素	2014年12月17日至2016年12月16日
板町多醣體酵素皂（木瓜、茶樹、膠原蛋白）	2015年12月10日至2016年12月9日
固本尿酸通	2014年11月1日至2016年10月31日
固本活絡通	2015年9月16日至2016年9月15日
和田保健貼（竹酢、唐辛子）	2015年8月27日至2016年8月26日
愛爾皮膚黏膜消毒液	2015年7月7日至2016年7月6日
男補精力丸5:1膠囊90粒	2014年5月30日至2016年5月29日
順便茶梅	2014年5月30日至2016年5月29日
吞樂美	2014年5月29日至2016年5月28日
家恩素高鈣低脂營養奶粉——養心益暢配方800克	2014年5月29日至2016年5月28日
康迪水素機	2015年5月10日至2016年5月10日
沛力特電解運動飲品	2015年4月14日至2016年4月13日
普力通關節凝膠	2015年4月10日至2016年4月9日
MegaRed奧米加——3磷蝦油	2015年4月2日至2016年4月1日
aXimed挪威阿斯麥天然奧米加——3三文魚油丸	2011年2月8日至2016年2月6日
aXimed挪威阿斯麥康復速	2011年2月8日至2016年2月6日
草姬第4代蟲草CS-4膠囊	2013年11月21日至2015年11月20日
草姬靈芝孢子——全破壁	2013年11月21日至2015年11月20日
草姬速減酸膠囊	2013年10月17日至2015年10月16日
Dr.Trim醫纖瘦膠囊	2014年9月5日至2015年9月4日
Mioggi泡菜活菌美肌補給（粉末）	2014年7月16日至2015年7月15日
Mioggi排水去腫配方	2014年7月16日至2015年7月15日
紫花油	2014年5月13日至2015年5月12日
草姬活心丸（三七強效版）	2014年4月15日至2015年4月14日

資料更新至2015年12月31日



Public Health Education and Health Campaigns 健康教育及活動

Health education is essential for building a stable and healthy community. We host various health seminars and campaigns in order to enhance participants' healthcare knowledge and skills.

要建立一個安定、健康的社區，必先從教育著手。我們定期舉辦不同類型的健康講座及活動予醫護人員、公眾、病者及關注健康人士，提倡健康護理的重要性，增進護理技巧和知識，從而減低患病風險。

Free Health Seminar 免費健康講座

From 2012 to 2015, we organized more than **90** free public health seminars with over **9,000** participants including healthcare personnel and patients. Most of these seminars are accredited for the Continuing Nursing Education (CNE) by The Nursing Council of Hong Kong, it encourages continuous learning in medical and nursing fields. More than **170** healthcare professionals of different speciality shared the most updated health information with the participants. Our Federation also offers different workshops for patients with special needs.

學會於2012-2015年共舉行超過**90**場免費健康講座，總入場人次高達**9,000**人。當中更有不少講座獲香港護士管理局認可頒發持續護理教育學分，讓醫護人員持續進修、不斷更新和發展其專業知識，提供優質護理服務。過去四年我們共邀請超過**170**位來自不同專業範疇的醫護人員，與大眾分享最新的健康資訊。除講座外，本會亦會舉辦不同類型的工作坊、業界論壇等活動，針對不同病者以至聽眾需要，以互動的形式提高講者和參與人士的交流，更深入探討疾病預防方法和護理知識。

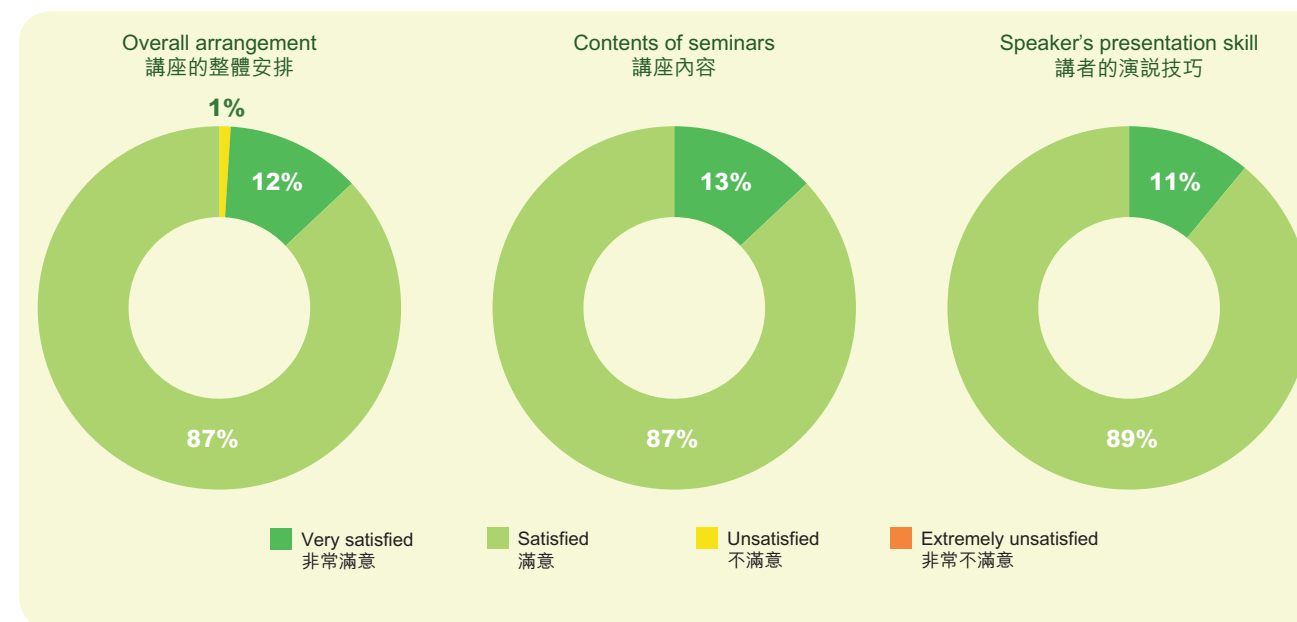
Social Impact

Through over **90** healthcare education seminars, with topics of pathology and patient care, elderly care and infant care, more than **9,000** healthcare personnel, patients and their families obtained holistic healthcare knowledge

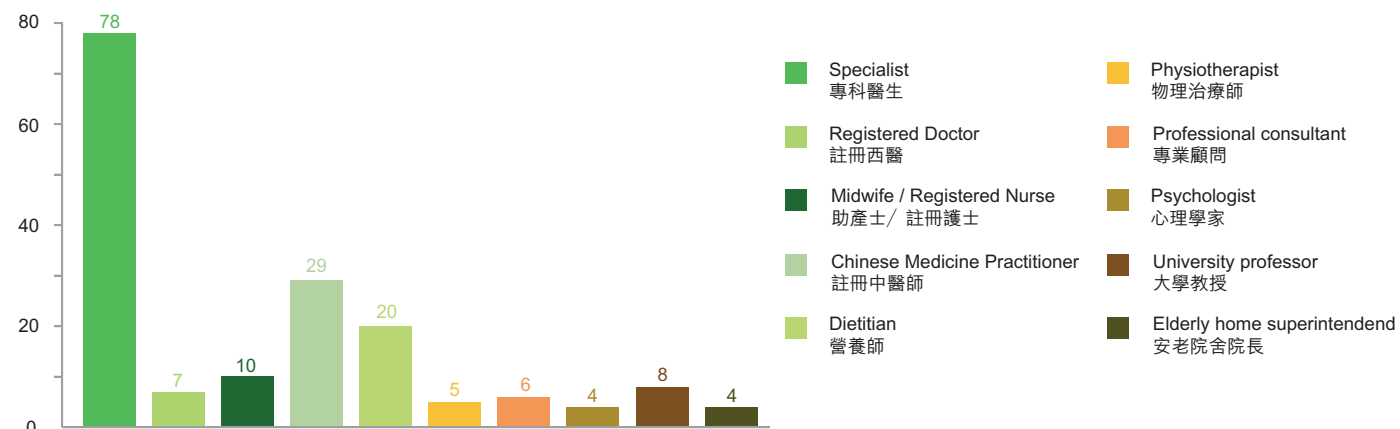
社會影響

針對病理及病者照顧、長者照顧及嬰幼兒護理等範圍，共舉辦超過**90**場健康教育講座，作基層健康教育，讓高達**9,000**名醫護人員、病者及其家屬獲得全面的健康資訊

2012-2015 Feedback from Seminar Participants 講座參加者意見



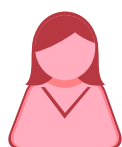
Speaker's Background 講師背景



2012-2015 Participant Categories 參與健康講座人士概況



Healthcare personnel
醫護人員
62%

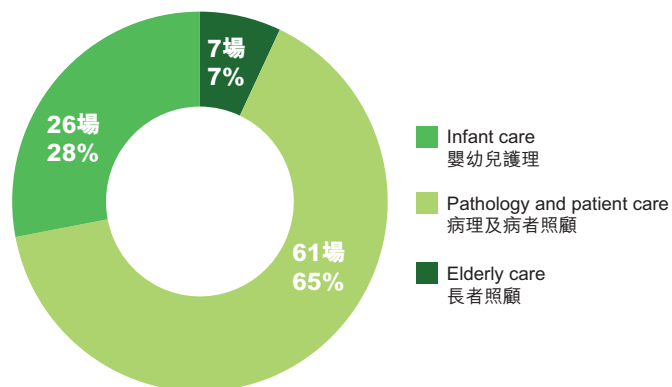


Patients and their families
病者及其家屬
33%



Public
公眾人士
5%

2012-2015 Seminar Topic Categories 講座主題分類



Seminar Topic Categories 講座主題分類

Infant care 嬰幼兒護理	<ul style="list-style-type: none"> Baby's Skin care 母嬰皮膚病護理 Prenatal & postnatal body care 產前產後身體護理
Pathology and patient care 病理及病者照顧	<ul style="list-style-type: none"> Spinal diseases 脊椎疾病治療 Cardiovascular diseases 心血管疾病 Respiratory system and immune system 呼吸系統與免疫力 Joint care 關節護理
Elderly care 長者照顧	<ul style="list-style-type: none"> Elderly emotional support 長者情緒輔導 Management of nursing home & elderly nutrition 安老院舍管理及長者營養



Hand in hand with medical specialist to promote public health
與專科醫生攜手推行健康教育



Advocating healthy lifestyle in communities
將健康訊息推廣至社區

Epilepsy Awareness Campaign 「關注腦癇健康大行動」



In Hong Kong, there are around **65,000** epilepsy patients, some of them are suffering from cognitive, emotional and mental problems. With the aim of better supporting patients and their families, three health talks were held together with epilepsy patients groups like Enlighten-Action for Epilepsy, Hong Kong Epilepsy Association, Hong Kong Rehabilitation Power, The Hong Kong Brain Foundation and The Hong Kong Society of Child Neurology & Developmental Paediatrics.

We also published the "Log book for epilepsy". As such, doctors can be more familiar with patients' condition by checking the record in the log book.

香港現時估計有**65,000**多名腦癇患者，部份病者更可能出現認知、情緒及精神問題，需要長期照顧。學會一直關注腦癇病者，於2012年一連舉辦了三場以「關注腦癇健康大行動」為主題的免費講座，與社會各個關注腦癇病者權益的組織，如啟迪會、香港協癇會、香港復康力量、香港腦科基金會、香港兒童腦科及體智發展會等攜手加強對病者及其家屬的支援。

此外，我們也出版了《腦癇症日誌》，讓腦癇患者記錄病情摘要，以便向醫生提供更詳細準確的資料，從而獲得最佳的治療。



Creating support for patient families
透過講座為病者及家屬建構互助網絡



Log book for epilepsy patients
腦癇症日誌



Newsletter for epilepsy patients
腦癇症通訊

Health Booklet
健康小冊子



In order to promote the concept of holistic health, we publish free health booklets with various themes and distribute them to schools, residential, clinics and hospitals. In these booklets, we introduce effective precaution for different types of diseases.



為促進市民關注自己及家人的健康，本會出版了不同主題的健康小冊子，派發到全港學校、屋苑、診所及醫院，並供市民免費索取。希望市民大眾能完全掌握預防疾病的重要性及其方法。



Women's health booklet
女性健康小冊子



Aiming at raising women's awareness on female health problems, we published a women's health booklet which mainly focuses on the most common female problems, which are vaginitis, venereal, uterine fibroids and cervical cancer. Four specialists in Obstetrics & Gynaecology shared their insights about the prevention and treatment of the above problems.



為了喚起香港女性對婦科問題的關注，我們出版了有關女士健康的小冊子。由4位婦產科專科醫生探討常見婦科問題，包括陰道炎、性病、子宮肌瘤與子宮頸癌的預防和治療方法。

Men's health booklet
男性健康小冊子



國際前列腺症狀評分問卷 (IPSS)

問題	0分	1分	2分	3分	4分	5分
排尿次數	0	1	2	3	4	5
尿急	0	1	2	3	4	5
尿急	0	1	2	3	4	5
尿急	0	1	2	3	4	5
尿急	0	1	2	3	4	5
尿急	0	1	2	3	4	5
尿急	0	1	2	3	4	5
尿急	0	1	2	3	4	5
尿急	0	1	2	3	4	5
尿急	0	1	2	3	4	5

總分：0-7分 症狀輕微 8-19分 症狀中重 20-35分 症狀嚴重

The content of this booklet focuses on most common men's health problems, including cardiovascular and cerebrovascular diseases, prostate diseases and liver diseases, thereby develop healthier lifestyle.

配合政府近年推出的「男士健康計劃」，小冊子探討男士3大常見健康問題的病因、預防及治療方法，包括心腦血管疾病、前列腺疾病和肝病，亦邀請了復康科專科醫生撰寫文章，加強市民對男士健康的意識，改善自己的生活模式，促進身體健康。

Anti-infection guidelines
防疫小冊子



Our Federation published anti-infection guidelines to stress the importance of public hygiene. Respiratory specialist contributed articles on preventive measures so as to raise public's awareness on infectious diseases.



鑑於社會不時出現新變種病毒，市民應從日常生活培養健康習慣並認識防備措施。本會出版防疫手冊，以簡單方法探討傳染病的問題。內容針對家居及個人護理，由呼吸系統科專科醫生撰寫「流感大流行」的文章，為市民增強防疫知識。

The Favorite Healthcare Brand Awards 最受醫護人員歡迎健康品牌大獎



Dr. Dexter Leung and Dr. Beatrice Wong officiating the award presentation ceremony
學會董事梁裕龍醫生及王佩瑤醫生於頒獎禮致開幕詞並擔任頒獎嘉賓

“The Favorite Healthcare Brand Awards” is annually held by our Federation. It serves as a reliable reference for the public, but also affirms the effort of brands with high-quality products and services.

香港醫護學會主辦的年度盛事——「最受醫護人員歡迎健康品牌大獎」由一班評審委員以其專業知識，選出他們心目中優秀的健康產品和品牌，為大眾提供參考指標。頒獎禮於香港會議展覽中心舉行，期望藉各個獎項表揚及肯定市面上出色的健康產品及品牌的貢獻和努力，並鼓勵他們繼續研發及推出更多優質的產品或服務，攜手創建更健康的社會。



Mr. Zae Kao was the emcee of the ceremony
高培正先生擔任頒獎典禮司儀



最受醫護人員歡迎 健康品牌 2015大獎

得獎品牌及產品

「公司品牌大獎」	「健康食品／產品品牌大獎」
最受醫護人員歡迎消毒品牌大獎 AQ艾橋生物科技集團有限公司	最受醫護人員歡迎穩定尿酸健康品牌大獎 澳洲茶包「酸立通」
最受醫護人員信賴健康產品品牌大獎 草姬國際有限公司	最受醫護人員信賴男士保健食品品牌大獎 卡道斯™MEN25
最受醫護人員歡迎關節骨骼保健品牌大獎 七海健絡	最受醫護人員歡迎保健營養品（免疫營養配方）品牌大獎 雀巢速愈素
最受醫護人員歡迎鹼性離子水品牌大獎 element water 水•元素	最受醫護人員歡迎健康保健營養品（血糖及膽固醇）品牌大獎 佳膳適糖
最受醫護人員信賴天然健康食品品牌大獎 澳至尊	最受醫護人員歡迎保健貼品牌大獎 和田保健貼
最受醫護人員歡迎保健產品品牌大獎 中科健康國際(亞洲)有限公司	最受醫護人員歡迎成人紙尿褲品牌大獎 添寧

The activity was widely reported by media
活動得到媒體廣泛報導



Broadcast in TVB Jade
電視翡翠台



TVB Weekly
TVB周刊



BamBoOs!Life Magazine
百本健康生活雜誌

Retiree and Senior Fair 退休人士及長者博覽



To raise the awareness of elderly health, we have actively participated in the “Retiree and Senior Fair I/O Senior Expo Asia” for 5 consecutive years. We have provided free elderly service consultation, free health checks and gifts for the elderly.

為推動長者健康和宣揚護老精神，我們連續5年參與假香港會議展覽中心舉辦的「退休人士及長者博覽暨亞洲銀髮產品展」，介紹最新的醫護資訊，提供安老院服務諮詢及為長者提供免費健康測試。

Education & Careers Expo 教育及職業博覽



At the invitation of the Hong Kong Trade Development Council, our Federation participated in the “Education and Careers Expo” and shared the latest trend in healthcare industry with the public. We continue to provide public health education and healthcare vocational training. Through different channels, we encourage teenagers to engage in the healthcare industry.

為了讓廣大市民更了解醫護行業前景，本會應香港貿易發展局的邀請，參與「教育及職業博覽」，我們更於展覽的「護理日」演講。連日到場諮詢的人士反應熱烈，駐場的義工亦用心解答參觀人士的問題，為公眾人士介紹醫護行業的前景、事業發展機會和晉升階梯、各職級的工作範圍以及性質等。本會希望未來能透過不同途徑，助本港年輕人投身醫護行業。



Health Research and Press Conference 健康研究項目及新聞發布會

Our Federation carries out various health researches and surveys regularly so as to heighten public health consciousness.

香港醫護學會就不同的健康議題進行問卷調查及研究，並藉不同渠道向社會闡釋研究成果，提高公眾對健康的關注。

Study on Health of Male Sexual Partner 香港女性關注伴侶健康狀況調查



The study raised public awareness in men's health
研究結果獲傳媒廣泛報導

Over 70% female thought their male partners have insufficient energy in a survey conducted by our Federation in 2012. It was also found by Prof. Robert K.M. Ko from the division of Life Science of the Hong Kong University of Science and Technology (HKUST) that active components in herbs may effectively enhance energy level of human.



Prof. Ko at the same time announced his study of human functionary
高錦明教授於發布會上發表關於人體機能的研究

於2012年，本會以問卷形式訪問了逾600名有男性伴侶的女士，以了解本港男士健康情況。調查結果反映逾七成女士認為男伴精力不足，香港科技大學生命科學部高錦明教授結合草本與細胞能量的學術研究，向傳媒發布提升男士精力的方案。發布會當日超過20位傳媒記者出席，經廣泛報導後，引起社會對男士健康的關注。

Press Conference on “Awareness and Knowledge of Fertility” survey 港人生育保健意識及生育科技知識調查新聞發布



Guests from the Malaysia Healthcare Travel Council shared maternity information to participants
馬來西亞醫療旅遊理事會負責人於發布會內分享生育方面的資訊



The doctor from Malaysia shared their experience and expertise
馬來西亞醫生解答傳媒記者問題並接受傳媒訪問



The media showed great interest in the study
傳媒積極探討研究議題



Promoting reproductive technology with Malaysian officials
與馬來西亞官方機構合作推動生育科技

Malaysia Healthcare Travel Council entrusted our Federation to conduct a survey on “Awareness and Knowledge of Fertility” in 2014. Among 300 interviewees, about 40% people accept In Vitro Fertilization, but at the same time, there are about 40% people lack fertility knowledge. Reproductive health specialists and doctors from Malaysia shared fertility technology with the participants and media in the press conference.

2014年，本會受馬來西亞衛生部屬下的醫療旅遊理事會委託進行調查，了解港人生育保健意識及生育科技知識。調查訪問了逾300名港人，當中有四成受訪者接受以「試管嬰」協助生育；同時亦有四成人對不育認知不足。馬來西亞專家更專程來港提供有關生育方面的資訊。發布會於馬來西亞醫療理事會駐香港辦事處舉行，超過15個媒體出席。

Study on Healthcare Personnel Physical Strains
醫護人員身體勞損研究



Nearly half of the interviewees considered that their routine work may lead to muscle strains and varicose veins
近半數受訪者認為工作會導致上半身肌肉勞損症狀及下肢靜脈曲張

Our Federation conducted a survey concerning physical strains of healthcare personnel. Revealed in survey result, nearly 70% of the interviewees considered their spinal strain is mostly attributed to their work. 35% of the interviewees did not seek treatment even they encountered the problem. Healthcare personnel were reminded to take preventive measures and maintain correct posture during work.

Press Conference on “Sexual Life Survey Result and Men’s Energy Research Report”
兩性性生活調查 暨「男士身體能量」大學研究新聞發布



Presenting the study results with the Division of Life Science of HKUST
與香港科技大學生命科學部共同發表男士身體能量研究

In the survey of “Sexual Life of Hong Kong People” conducted by our Federation in 2015, it is found that approximately 60% male refused to have sex due to tiredness. Based on this phenomenon, Prof. Ko from the Division of Life Science of HKUST further elaborated his research finding on human cell energy and provided solution to enhance cell energy.



Healthcare personnel are suggested to do more stretching exercises and maintain good posture during work
註冊物理治療師建議多做伸展運動及維持良好的姿勢

本會於2015年公布了就醫護人員身體勞損問題進行問卷調查。597名受訪醫護人員當中，近七成認為因體力勞動工作會引起脊椎勞損問題，而且三成半表示沒有求醫或接受治療。學會執行總監及註冊物理治療師分析勞損的成因及治療方法，藉此提醒醫護人員應注意工作時的姿勢及預防方法。



於2015年，本會受香港科技大學生命科學部高教授委託進行一項有關兩性性生活研究，以問卷方式訪問逾550位市民，發現近六成男士曾因疲累拒絕行房。發布會當日，高教授亦公開其多年研究的成果，為男士疲累問題提供解決方案。調查及研究結果獲超過10份本地報章及網上媒體廣泛報導，喚醒男士對身體機能的關注。

Focus Group Health Analysis
焦點小組健康研究

Monitored by healthcare professionals, selected participants are invited to join product trial programmes. Data collected in the programme could facilitate consumers selecting health products.

Study on Health Products against Cholesterol
降膽固醇保健品研究



Healthcare Personnel performed testing for participants
由醫護人員為參加者進行血糖測試

50 patients, were selected to participate in the product trial programme about cholesterol control. Participants' blood pressure, blood glucose and blood cholesterol were monitored during the 8 weeks with continuous consumption of a selected health product. The total cholesterol level of nearly 90% participants was found decreased. The selected health product may assist to reduce LDL cholesterol level and lower the risk of cardio-cerebrovascular disease.

為了解健康產品對使用者的實際影響，本會邀請合適的志願人士參與焦點小組研究。在專業人員監測下使用產品，並由本會記錄、分析結果及撰寫報告。研究所得的數據，可作為市民於選擇健康產品時的參考指標。



People with high cholesterol level were the major participants
計劃廣邀全港三高人士參與

研究以50名三高人士為焦點小組，分三次觀察及量度參加者於8星期內服用降膽固醇保健品的身體檢測數據，結果顯示近九成參加者的總膽固醇指數下降。在原有生活習慣不變的基礎上，測試的保健品可以輔助膽固醇偏高人士減少低密度膽固醇，從而減低患心腦血管疾病的風險。

Study on slimming products
體重管理保健品研究



45 people with high Body Mass index (BMI) were recruited for this test. Their height, weight, BMI, Basic Metabolic Rate, body fat percentage, waist and hip were measured 4 times during the 8-week slimming product trial programme. Consumption of the tested slimming product may assist to reduce weight or body fat percentage.



焦點小組邀請45名BMI偏高人士，參與為期8星期的服用體重管理保健品研究，調查分四次觀察及量度參加者於服用產品期間的身體檢測數據，包括身高、體重、身體質量指數、基礎代謝率、脂肪比例、腰圍及臀圍。研究發現測試的保健品或有助BMI偏高人士減輕體重或脂肪比例。

Study on Health Products against Edema
去水腫外敷產品研究

Our Federation is conducting a study on health products against leg edema. The leg circumference, pit depth and ankle circumference of 30 participants will be measured before and after the application of the tested product.

學會正進行一項去水腫外敷產品的焦點小組研究，邀請30名足部水腫人士連續8天使用外敷產品，透過量度其足部水腫情況以了解產品功效。

Charity Work 公益工作

We involve in various types of volunteer services for elaborating caring spirit in the community.

我們積極參與各類型的公益工作，投入社區發揮關懷樂助的精神。



We are awarded the Caring Organization logo by the Hong Kong Council of Social Service for consecutive 8 years, for which recognizes the effort of our charity work in promoting elderly care and environmental protection.

我們一直致力慈善工作，由2007年起連續八年獲香港社會服務聯會頒授「同心展關懷」標誌，以肯定我們的貢獻。我們一直關注長者福祉，宣揚長幼共融的精神；同時，我們亦不遺餘力響應減廢和環保工作。

Nursing home visits during Festivals 安老院舍關懷探訪活動



Volunteer activities with The Harvard Club of Hong Kong
與哈佛大學香港校友會以歌聲為長者獻上祝福



Elderly home visit in Mid-Autumn Festival
中秋時節探訪安老院舍



Seasonal fruits for elderly homes
送上時令水果予安老院舍

For every Lunar New Year and Mid-Autumn Festivals, we visit elderly home with artists and various organizations benefiting over 500 elderlies.



Elderly home visit with Lions Club volunteer team
與獅子會的義工們探訪安老院舍

每逢農曆新年及中秋節，我們的義工隊都會聯同影視藝人及志願團體到各區安老院舍探訪長者，為他們送上時令水果及物資，更高唱懷舊金曲，與長者共度佳節。每年受惠人數超過500人。

Festival Visit for Singleton Elderly and Household Cleaning Program 獨居長者節日探訪及家居清潔計劃



More than a hundred of singleton elders have been benefited from the “Festival Visit for Singleton Elderly and Household Cleaning Program”. Our volunteer team including secondary school students visited the singleton elders’ places and assisted them in various housework during festivals.

受惠於攜手扶弱基金，本會舉辦了「獨居長者節日探訪及家居清潔計劃」，至今受惠長者逾百人。計劃邀請了一班中學生，通過義工訓練，聯同本會義工隊，於農曆新年、端午節及中秋期間到獨居長者家中探訪及清潔，協助獨居長者迎接佳節。

“Miracle Day” for the Elderly 迪士尼「奇蹟創造妙樂日」



It was the first visit to Disneyland for most elders
學會義工隊與老友記於迪士尼門前合照

Led by our volunteer team, a group of elders from nursing homes visited the Hong Kong Disneyland for free and experienced a warm and joyful day.



The visit recaptured the fun of childhood
長者在園內重拾童真

為了鼓勵長者積極參與戶外活動，本會義工隊帶領近百位安老院舍長者免費遊覽香港迪士尼樂園，讓他們體驗新奇愉快之旅。

Supporting “Food Grace” Food Recycling Program 支持「食德好」食物回收轉贈計劃



Recognition of our support to food recycling
獲環保局局長黃錦星太平紳士嘉許



Different industries and parties showed their support to food recycling
各業界熱烈支持推動食物回收



Food donation to elderly homes
與「食德好」到安老院舍探訪及轉贈食物

We have partnered with “Food Grace” and committed to the practice of “Go Green Waste Less” since 2014. Together with different corporates such as Café de Coral Group, The Hong Kong and China Gas Company Limited and Kai Shing Management Services Limited, we collect mooncakes and send to the underprivileged in Mid-Autumn Festivals.



Mooncake recycling is a key event in the year
全港逾70個屋苑及商場設置月餅回收站

香港醫護學會與全港首個食物回收組織——「食德好」成為合作夥伴，透過本會醫護網絡宣揚惜物積福理念，推動減廢及環保習慣。食物回收活動連繫社區、商戶，將過剩的食物資源再轉贈有需要的家庭。每逢中秋節，本會聯同不同行業的機構如大家樂集團、香港中華煤氣公司、啟勝管理服務有限公司等企業，協助「食德好」收集未開封的月餅捐贈到各區基層及安老院舍，藉此響應環保。



Asia Regulatory Professional Association 亞洲專業法規協會

The Asia Regulatory Professional Association (ARPA) is established and managed by our Federation. It is a professional association committed to elevate and promote the regulatory affairs profession among Asia countries.

本會為了提升亞洲醫療法規專家的專業水平，成立了亞洲專業法規協會，建立食品藥品法規和醫療器械法規的資訊交流平台，提供更多機會予業界分享心得。

Asia Regulatory Professional Association 亞洲專業法規協會



R ARPA

Asia Regulatory Professional Association

ARPA has been gathering over **3,500** medical regulatory professionals from Asia since 2010. ARPA aims to enhance medical regulatory professionalism. Currently, there are 8 ARPA academies located in Hong Kong, Singapore, Taiwan, Vietnam, India, Thailand, Philippines and South Africa. ARPA also organizes a number of medical regulatory programmes, regular meetings and congresses.

我們在2010年成立了亞洲專業法規協會，並聚集了一群來自亞洲不同地區的醫療法規事務專家，至今已累積超過**3,500**名會員。協會成立目的是讓法規事務專家之質素得以提升，並得到社會各界更大的認同。協會現時已經在香港、新加坡、台灣、越南、印度、泰國、菲律賓及南非成立學院，舉辦地區會議、培訓活動及多個醫療法規課程，吸引來自不同國家的專家參加，互相分享和討論最新的法規資訊，建立交流平台。

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Director

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