



HONG KONG EAST CLUSTER

港島東醫院聯網



**HKEC Symposium on Community Engagement VII**

港島東醫院聯網 醫社合作研討會(七)

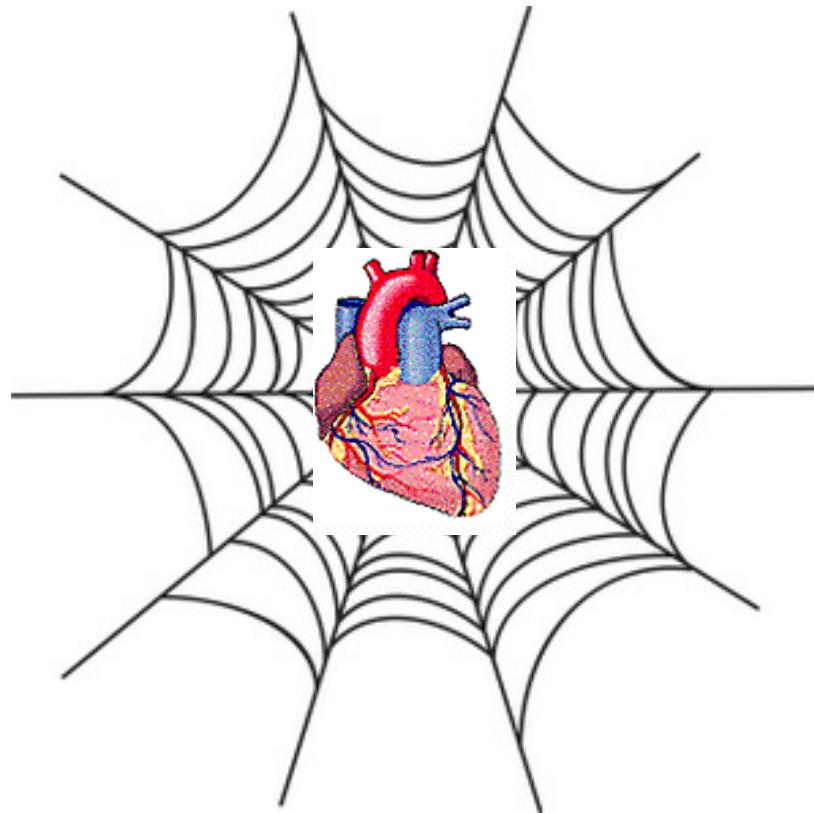
# **HKEC Cardiac Services (港島東聯網心臟服務概覽)**

Dr. K C Leung



# Goal

Identify gaps, fill and knit the web



The Matrix In Integrated Community Care:

**Knitting The Web, Filling The Gap**

醫社同心齊結網 共織互補為民康

# Disease spectrum

Heart disease - 2<sup>nd</sup> killer in HK (>50% CAD)

## Risk factors

Smoking

- 13%

Hypertension (高血壓)

- 25-30%

Diabetes Mellitus (糖尿病)

- 10%

Overweight/ Obesity (過重)

- 40%

## Heart disease

Heart failure (心臟衰竭)

- 18000 admissions / yr

- prevalence ~ 0.4%

Coronary artery disease (冠心病)

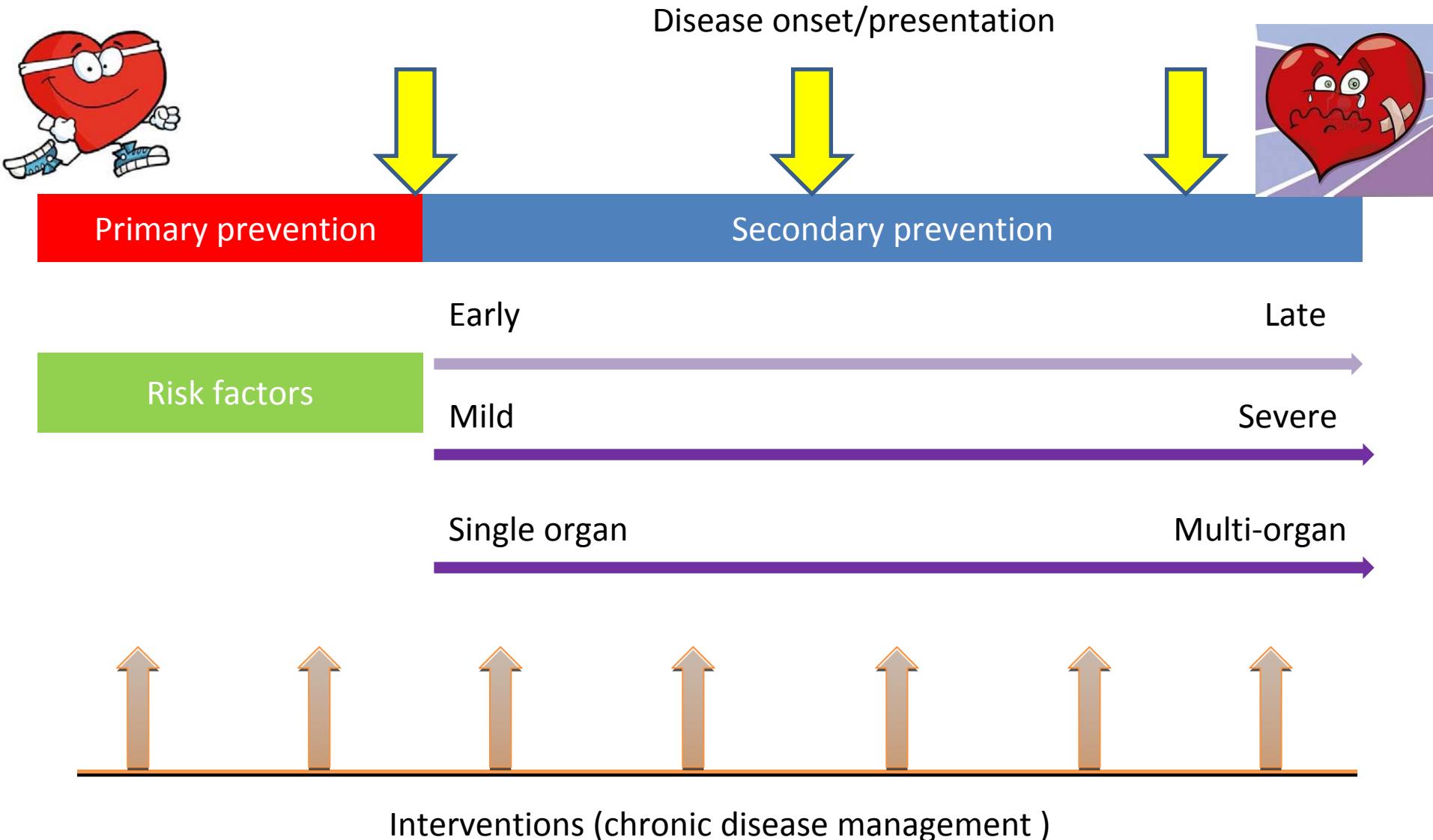
- 35000 admissions / yr

- 6000 coronary interventions / yr

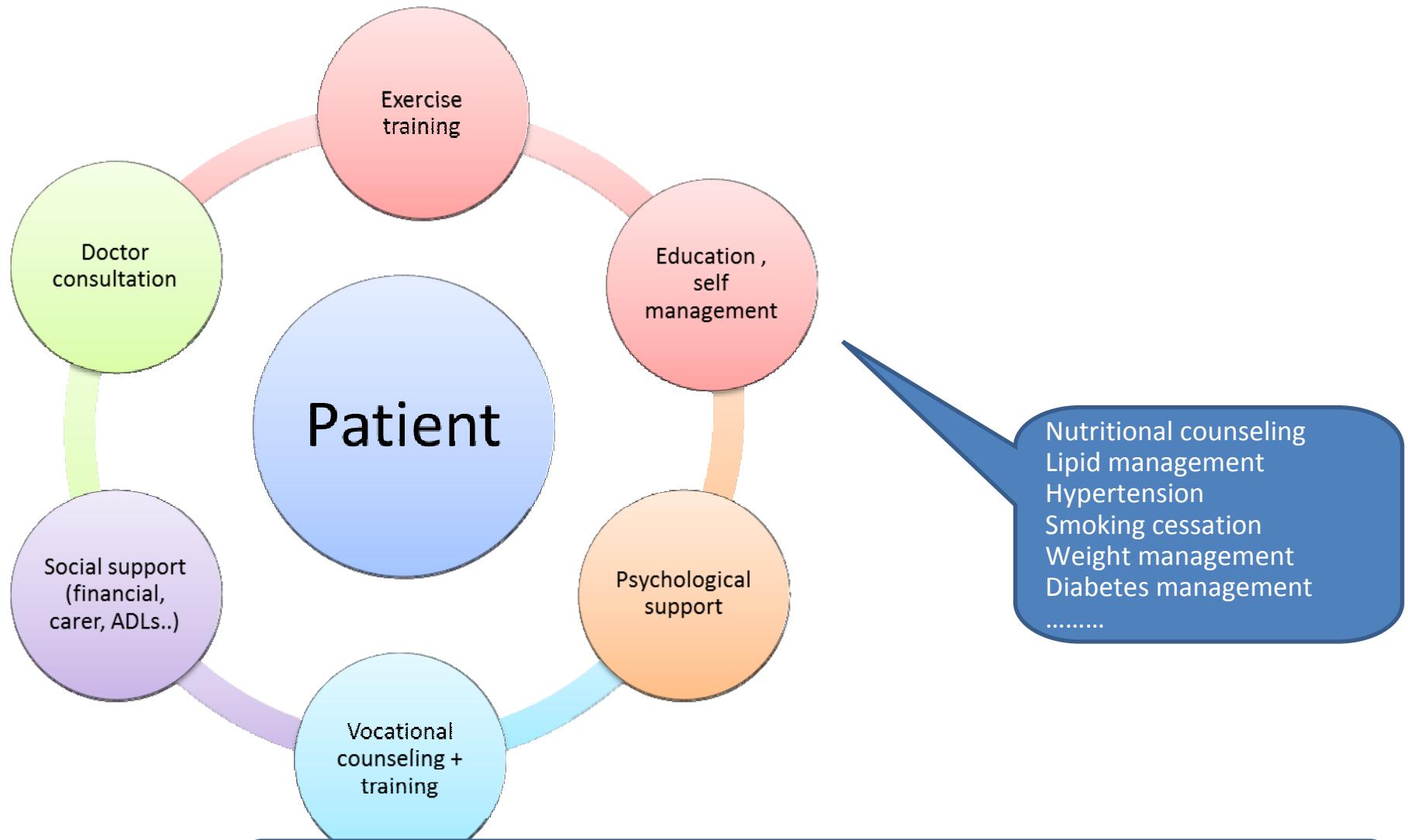
Acute coronary syndrome (心肌梗塞)

Others (valvular disease, arrhythmia...)

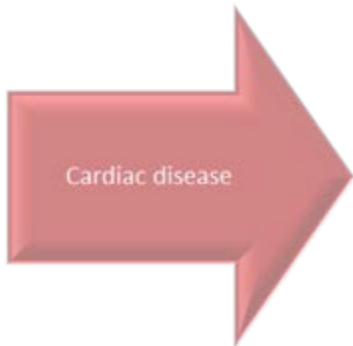
# Cardiac disease - Multi-dimensional



# Needs of cardiac patients



**Individualized** – varies with different disease , severity and complexity , functional status, patient preference....



Cardiac disease



Chronic disease management (CRM)  
慢性疾病管理計劃

# When

Primary/Secondary prevention

Acute management

Stages of disease

# Where

Hospital /clinics

Hospital day centres

HA health Nurse /allied health clinics

NGO centres

Home

# Who

doctor

Nurse

PT/OT

Clinical psychologist

MSW

Self help group

Trained personnel

# How

Education

Exercise

Risk assessment

Doctor/nurse consultation

Self help support

Client Based individualized care



Middle age  
manual worker  
suffered from  
MI

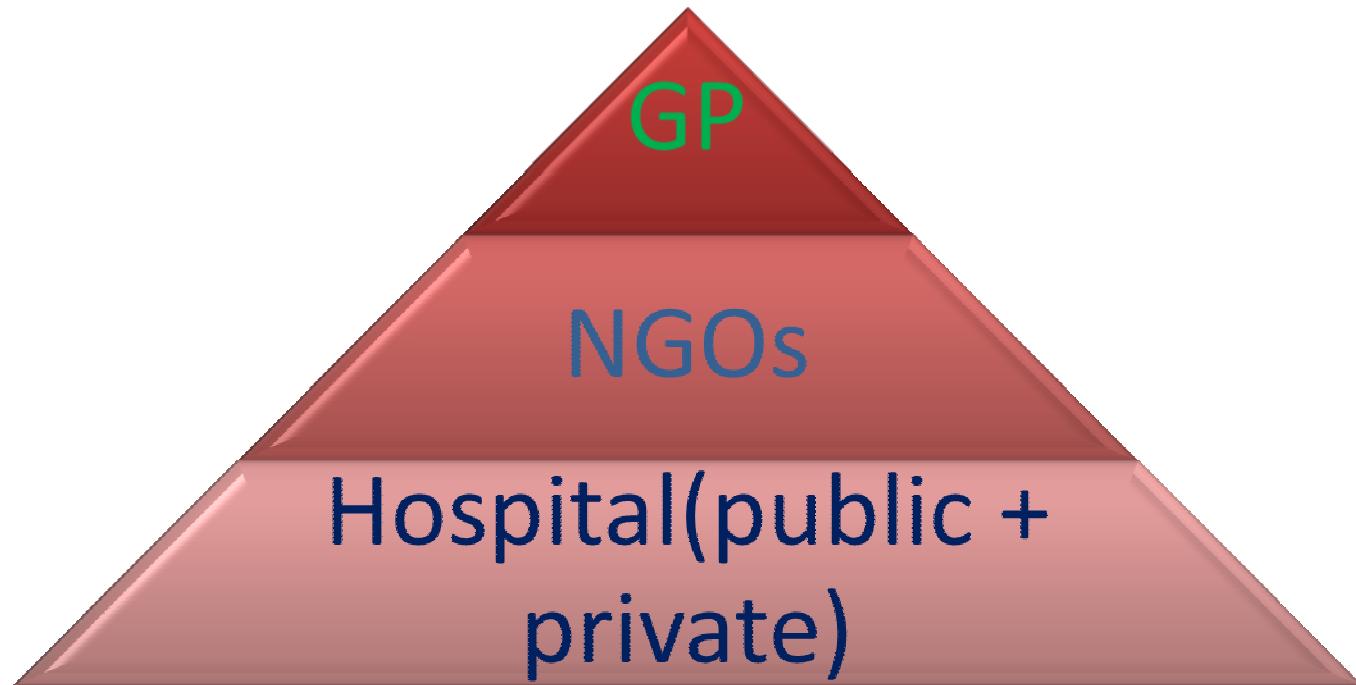


old frail man  
suffered from  
MI + HF

Needs
Low risk
Exercise
Strict Risk factors modification
Vocational counseling
Self empowerment
Community /web service

Needs
High risk
Functional /ADL training (supervised)
Home based support

# HKEC cardiac service providers



# Cardiac services

General Practitioners

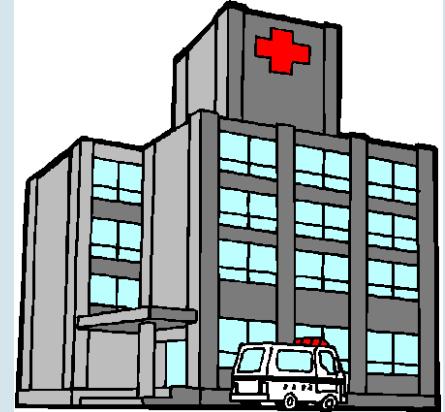
- Clinic based
- Consultation
- Education
- Patient empowerment
- Share care program with HA ( mainly HT, DM...)



# Cardiac services

Hospital

- IN –patient Acute –convalescent care
- OUT –patient clinics /consultation
- Hospital based patient support group
- Ambulatory day centres (rehabilitation)
- Community health centres
- Multidisciplinary team program based support
  - PEP (e.g. DM with NGOs)
  - RAMP (HT, DM .....)
  - HF program
  - Nurse & allied health clinic
  - post-discharge support
- Community outreach team (CNS, PT .....)
- Community health call centre
- Patient information website



# Hospital based ambulatory centre



- One – Hub centre
- Multidisciplinary
- Transport a/v
- Medical input
- Nurse led clinic
- Special programs
- Triage for community service
- 400 new cases, 12000 attendances /yr



# HA Community Health Call Centre (CHCC) 醫院管理局護訊鈴



- Target - discharged high-risk elderly patients, other chronic disease empowerment programs ...
- Clinicians, nurses, HA clinics , NGOs , private doctors
- Timely referral and intervention



# Cardiac services

NGOs  
(Community partners)

- Education
- Workshops / seminars
- Self – help /mutual support groups
- Exercise Training (limited)
- Outreach Home care ( drug supervision, ADLs..)
- Day care centres
- Financial support
- Volunteers



# 宗旨

發揮會友及家屬互助互勉精神，解開因病帶來的困惑和恐懼，攜手共進復康之路，邁向豐盛人生。

# 目標

1. 增加心臟病患者及家屬對心臟病的認識，促進康復，減低復發機會；
2. 成為患者與醫療機構間的橋樑，使患者獲得更全面的服務；
3. 團結患者，維護及爭取合理權益和福利；
4. 推廣社會人士正確認識、關懷和接納心臟病患者；
5. 推動心臟病的預防工作及加強大眾對心臟健康的關注。

- NGO in hospital :  
Subacute ward  
recruitment + self  
help group (TWEH)

The screenshot shows the homepage of the 'Care For Your Heart' website. The header features a colorful rainbow background with balloons and the text '關心您的心' (Care For Your Heart) and '與你攜手並肩，同行心臟復康路' (Together, we will walk the path of heart health recovery). On the left, there is a vertical navigation menu with green buttons and white icons:

- 最新動態 (Latest News)
- 關於我們 (About Us)
- 心事資料庫 (Heart Disease Database)
- 復康護理 (Rehabilitation Care)
- 出版及製作 (Publishing and Production)
- 病友心聲 (Patient Voice)
- 會員天地 (Member's Heaven)
- 加入我們 (Join Us)
- 支持我們 (Support Us)
- 相關連結 (Related Links)
- 聯絡我們 (Contact Us)

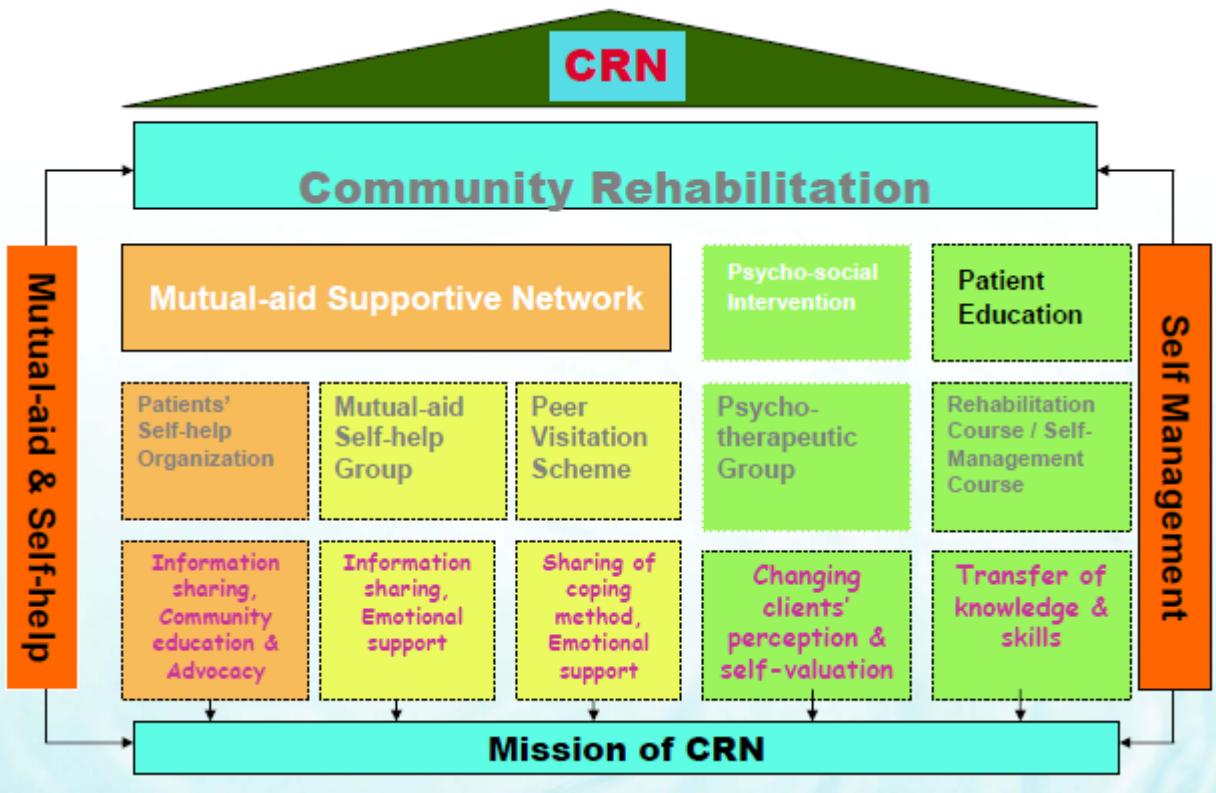
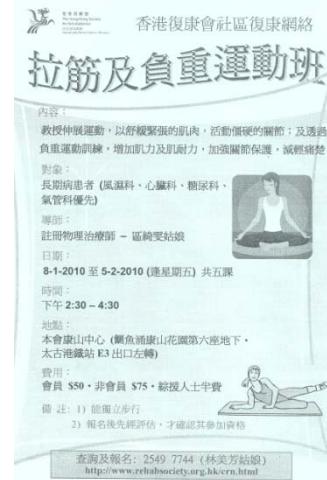
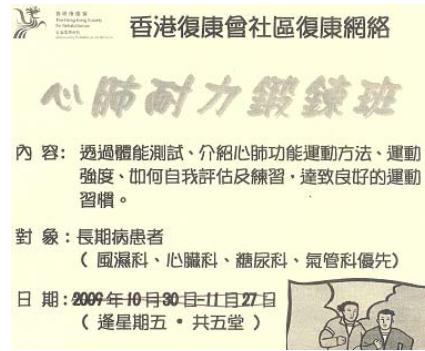
The main content area has a yellow header '最新動態' (Latest News) and three tabs: '講座' (Lecture), '工作坊' (Workshop), and '活動及其他' (Activities and others). Below the tabs, there are several news items with small images and titles:

- '藥物知多D' 講座 (Lecture on Drug Knowledge)
- '心臟病病友運動創傷知多D' 健康講座 (April 16, Saturday) (Health Lecture on Cardiac Patients' Sports Injury Knowledge)
- (全港首個) 微創主動脈辦植入術 健康講座 (March 6, Sunday) (First Micro-invasive Aortic Valve Implantation Health Lecture in Hong Kong)
- 冠心病及通波仔 面面觀 健康講座 (Cardiovascular Disease and Coronary Artery Disease Health Lecture)
- 同是有心人— 冠心病與心臟衰竭的關係 (The Same Heart—The Relationship between Coronary Heart Disease and Cardiac Failure)
- 冠心病與你 健康 講座 (Coronary Heart Disease and You Health Lecture)
- 第三屆亞洲預防心臟病及心臟病復康會議 暨第八屆心臟病

2700 members



# 社區復康網絡 (CRN) - Kornhill Center





- Supervised (6 sessions)
- Member based



# KWMCHHC, TWGHs



東華三院高黃慕貞紀念全人健康中心  
東華三院AJR慈善基金復康診所

如您患有心血管疾病或  
屬心血管疾病高危族，  
患有以下其中一項：  
糖尿病，高血壓，高膽固醇，  
吸煙，肥胖，缺乏運動

並希望 提昇心肺功能  
增強體適能  
控制體重  
這個計劃幫到您！

原價:\$3880 ·  
推廣優惠價:\$1680  
名額:30個  
優惠期至2010年12月31日

專業心臟復康  
運動及處方  
**\$1680**

(六堂心肺及體能鍛煉)

## 訓練內容

### 1) 設計運動處方

物理治療師會根據您的心臟專科醫生建議及  
心電圖測試 (Stress test) 所得的數據為您設  
計一套安全的運動處方。

### 2) 多元化訓練

除心肺功能訓練外，更會使用中心之健身器  
械，增強肌肉力量。

### 3) 安全鍛煉\*

運動進行期間，物理治療師會以儀器  
監測您的心跳、血壓、血含氧等，務  
求在一個安全的環境中，讓您全心投  
入訓練。

## 香港社區心臟復康計劃 显关怀助您心肺道康复

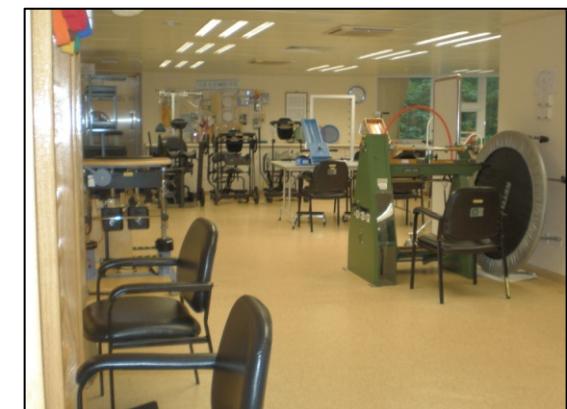
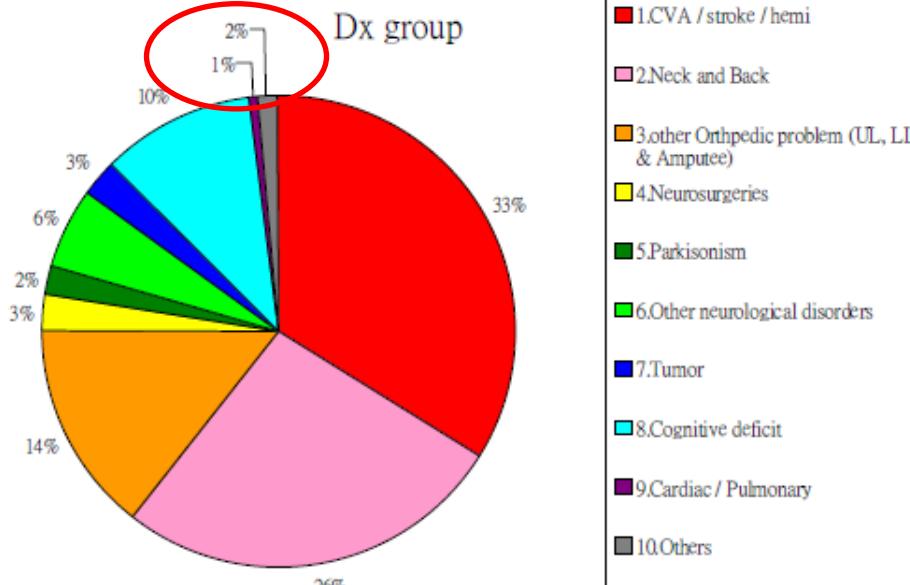
\*完成兩個訓練療程後，可以優惠價錢\$150  
以月費形式於中心持續進行訓練。

Tel: 2574 0200  
<http://hhc.tungwahcsd.org>  
[hhc@tungwahcsd.org](mailto:hhc@tungwahcsd.org)  
灣仔皇后大道東282號鄧肇堅醫院地下





# HOH Community Rehabilitation Day Centre (CRDC )-Wan Chai



# Wan Chai Methodist Centre

灣仔循道衛理長者服務中心

灣仔循道衛理長者體適能中心



## 服務內容

### 1. 健體運動服務

中心添置了多款不同的健體器材，供會員使用，例如：健身單車、跑步機、踏步機、沙包、拉手器、上肢運動器、腰部按摩器、按摩椅、運動牆架等。

費用：全免

### 2. 復康治療服務

由物理治療師個別為有需要長者提供物理治療服務。

項目	收費	綜援及經濟有困難者
中心物理治療服務	\$50	\$20
上門物理治療服務	\$60	\$20
復康用品諮詢及代購服務	\$10	免費
老年痴呆症評估服務	\$50	\$20
健體運動班組	按個別班組收費	

### 3. 松柏健康檢查服務

每月一次在中心安排健康檢查服務，包括：量血壓、血液含氧量、呼吸、脈搏、血糖、測脂肪比例及營養評核，並由註冊護士個別評估及跟進。

費用：每年\$60  
(包括一次物理治療評估服務)

### 4. 营養諮詢服務

若長者在營養膳食或脂肪含量有疑問，可約見營養師。營養師會根據個別長者的情況而設計餐單及解答疑問。

費用：每次\$60 (需致電預約)

### 5. 專業護理諮詢服務

由註冊護士為區內長者提供敷藥、注射及藥物處理等服務，包括：

- 上門敷藥及洗伤口
- 注射醫生處方的針藥
- 執藥及分藥

費用：每次\$30

### 6. 專業護理諮詢服務

由註冊護士提供諮詢服務，包括：藥物及疾病問題、個人衛生及健康問題、營養問題等。

費用：每次\$10 (中心約見)  
每次\$20 (上門約見)

### 7. 長者專賣店

以優惠價錢出售適合長者的物品，如營養奶粉及健康食品、失禁護理用品、復康器材、足部及手部護理用品、物理治療用品、呼吸護理用品、糖尿病用品及電子血壓計等。

## 循道衛理健樂軒

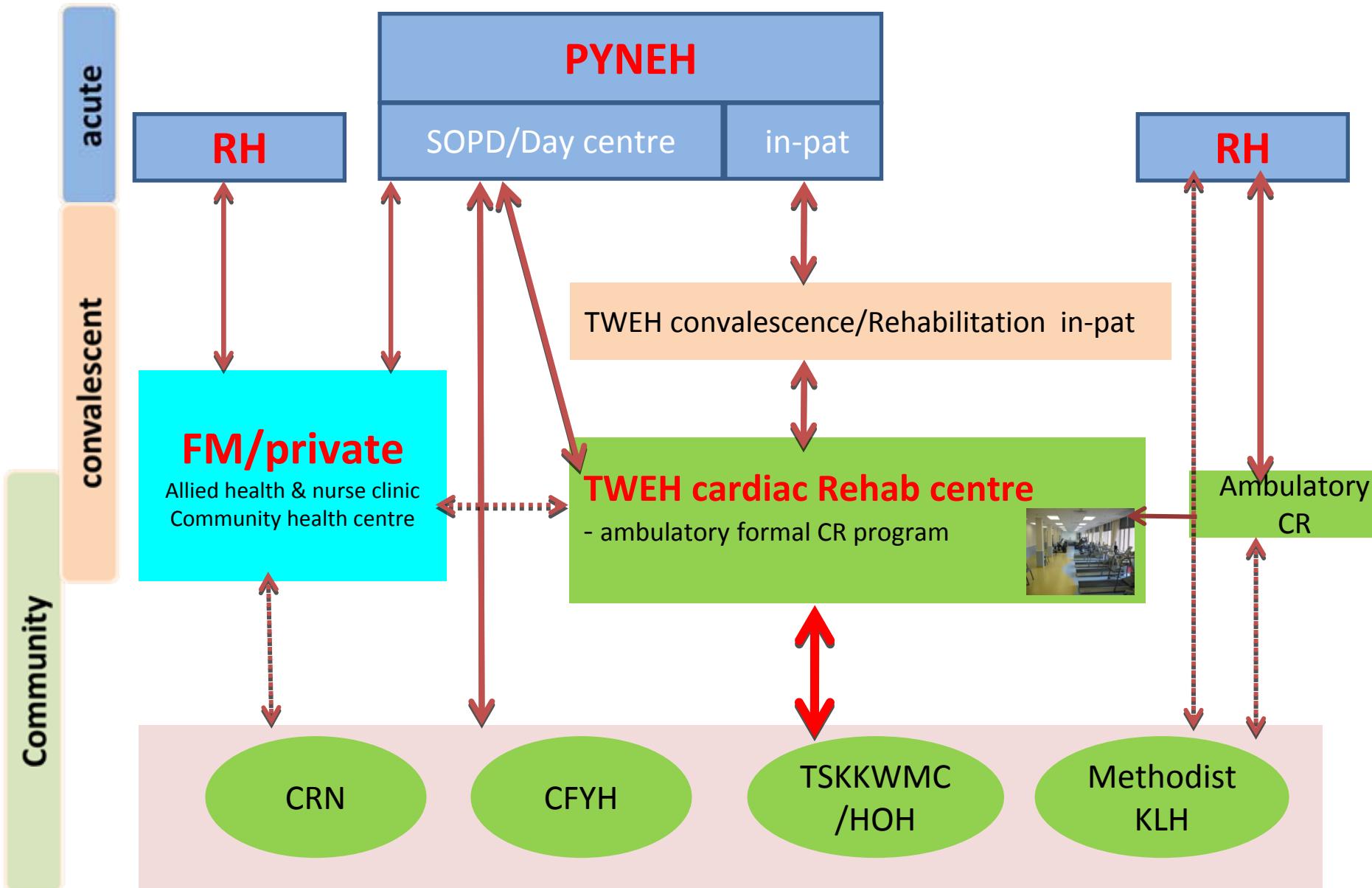


保護您的心臟復康社區共同護理計劃

Supervised /assessment - \$ 30/4 sessions

Unsupervised - annual fee

# HKEC Cardiac disease Care Continuum



# Hurdles – patient's perspective

- Long waiting time (follow up, intervention..)
- Scattered /piecemeal services (private-public, within public providers, support and liaison)
- Not tailor-made (unclear cluster based services provision and pathway)
- Cost
- Carer stress /support
- Accessibility /transport
- Non- office hour support



# Hurdles – hospitals’ perspective

- Manpower /resources limitation -> priority in acute care
- Frontline staff
- Unclear / changing government policy and funding issue
- Inefficient public –private interfacing
- Intra-cluster overlapping services (hospital, specialty.....)
- Scattered services (not holistic enough)
- no clear patient care pathway (inadequate continuum of care)

# Hurdles – NGOs' (community) perspective

- Resources limitation (venue, manpower, facilities..)
- Financial constraints
- Lack of expertise & health care providers empowerment
- Inadequate liaison/communication with other partners (hospital)
- Lack of referrals and feedback (isolated for health care service)
- Focus on secondary prevention, early disease but less severe /complex disease



# Future /ideal model

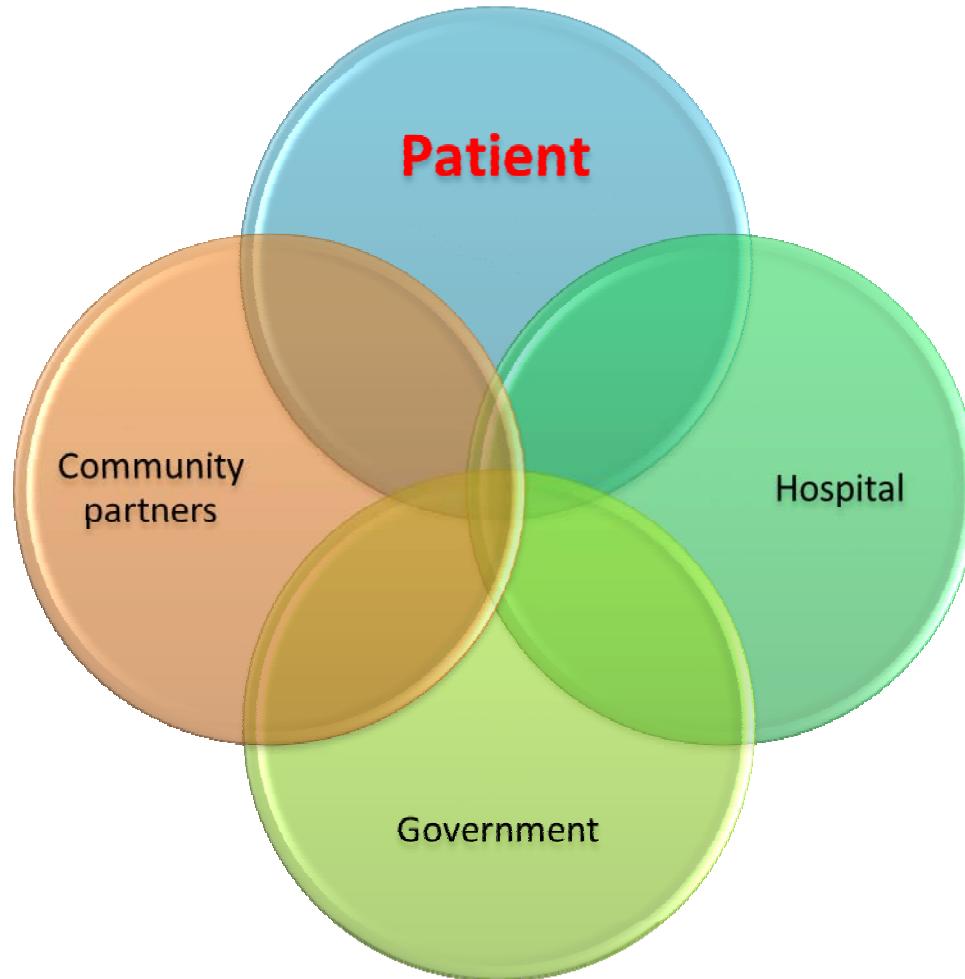
- HKEC working parties as a whole
  - collaboration, communication between different sectors
- Division of work (cross hospital, specialty, NGOs.....)
  - draw together the strength of various sector
- Skills transferral to services providers
- Individualized patient care delivery (stratification) and triage system
- Self care, patient empowerment
- Government vision – involvement of all stakeholders + Financial support reconstruction

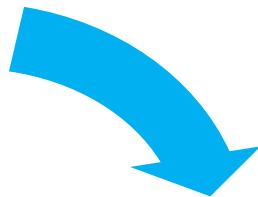
# Tin Shui Wai Community Health Centre (天水圍社區健康中心)



on.cc  
東方互動

# 4 win situation





# Thank You

