

## 聯絡我們Contact Us

地址Address：香港灣仔皇后大道東266號  
律敦治醫院 醫院大樓地庫一樓  
健康資源中心

Health Resource Centre,  
LG1, Hospital Main Building, Ruttonjee  
Hospital, 266 Queen's Road East, Wan  
Chai, Hong Kong

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網址Website : <http://www.healthyhkec.org/prc/rhtsk/mutualhelp/>

### 開放時間Opening Hours

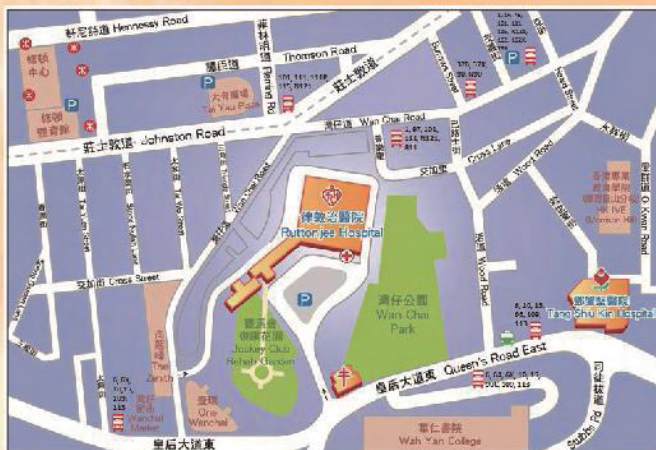
星期一至星期五： 上午9時至下午1時  
下午2時至5時

星期六、日及公眾假期：休息

Monday to Friday : 9:00am to 1:00pm  
2:00pm to 5:00pm

Saturday, Sunday  
and Public Holiday : Closed

## 地圖Map



港鐵MTR

灣仔站A3出口

Exit A3 of Wan Chai Station



巴士Bus

港島線 Hong Kong Island routes:

1, 1P, 6, 6A, 6X, 10, 15, 37B, 37X, 66, 75, 90, 90C, N90, 97, 789

隧道巴士線 Cross-harbour routes:

101, 109, 111, 111P, 113, 115, N121, 182, 182X, 811



綠色專線小巴Green Minibus

24A, 24M, 28, 56, 56A

律敦治及鄧肇堅醫院  
Ruttonjee and Tang Shiu Kin Hospitals

健康資源中心  
Health Resource Centre

## 胸肺復康互助會

Pulmonary Rehabilitation Programme

Patient Support Group



## 簡介Introduction

胸肺復康互助會於1995年成立，旨在：  
Pulmonary Rehabilitation Programme Patient Support Group was established in 1995 for the purpose of：

- 1) 加強病友適應康復後的生活  
Enhance patients adjustment for rehabilitation
- 2) 協助病友及照顧者建立支援網絡，  
加強互助精神  
Establish supporting network for patient and carer to enhance mutual support
- 3) 提昇病友及照顧者對慢性胸肺疾病的  
認識和照顧技巧  
Enhance patient and carer's knowledge on Chronic Obstructive Pulmonary Disease and caring skills
- 4) 提高公眾人士對慢性胸肺疾病的關注  
Enhance public's awareness of Chronic Obstructive Pulmonary Disease

## 對象Target

於律敦治醫院完成胸肺復康計劃之病  
友及其照顧者  
Patients who completed Pulmonary Rehabilitation Programme in Runnonjee Hospital and their carers

## 服務Service

- 1) 健康推廣活動  
Health promotion program
- 2) 小組分享  
Group sharing
- 3) 朋輩支援  
Peer support

## 入會方法Application

申請者請帶同以下文件到本院健康資  
源中心辦理入會手續：

Applicants please bring the following documents to our Health Resource Centre for application：

- 1) 填妥之「病友互助小組會員申請表」  
Completed "Patient Support Group Membership Application Form"
- 2) 身份證明文件  
Identity document
- 3) 胸肺復康計劃畢業證書  
Certificate of Pulmonary Rehabilitation Programme

備註：會籍為期三年，如申請人在會籍有效期內  
曾經參加本中心舉辦之活動，則會自動續期  
Remarks: The membership is valid for 3 years.

Membership will be automatically renewed if applicant had participated in the program organized by our Centre within the validity period