

COMMITTEE ON REHABILITATION

復康委員會



The Committee on Rehabilitation is dedicated to facilitating the rehabilitation of patients. Through the hard work of Committee members in the year, the Board has established a well-structured framework for providing diversified while tailor-made services to the cohort of 1 432 patients. At the same time, with the objective of striving for continued improvement to the rehabilitation programme, the Committee always enhances existing rehabilitation programmes and also explores new initiatives to provide the best possible rehabilitation services to our patients.

Total expenditure spent in Rehabilitation was \$21.17 million in 2019, reflecting the commitment and devotion of the Board for providing high quality rehabilitation programmes. We are glad to share in this report some of the more prominent programmes and their achievements during the year.

The Committee was happy to announce that the Pneumoconiosis Compensation Fund Board had cooperated with Hospital Authority (HA) for delivery of a pulmonary rehabilitation programme specifically for the patients with pneumoconiosis and mesothelioma in designated hospitals (HA programme). Ruttonjee Hospital and Haven of Hope Hospital first commenced the services in December 2019, and continuous effort was being made for identifying a suitable hospital located in the New Territories in the near future.

While the physical conditions of our patients varied greatly, the Committee realised that the most needy patient group for rehabilitation services would include those having high degree of incapacity, entering old age, being home bound and/or relying heavily on medical appliances for maintaining their basic physical conditions. The HA programme was specifically designed to focus on this group of patients. A specialty team comprising respiratory specialists, nurses, occupational therapists and physiotherapists had been formed to provide diversified home programmes and hospital training programmes to our patients.

復康委員會一直致力推展病人的復康服務。有賴委員過往一年的努力，基金委員會已建立一個完善的服務架構，為1 432位病人提供多元化及以人為本的復康服務。與此同時，為使復康服務能精益求精，委員會不斷優化現有的項目並亦努力開拓新的計劃，務求為病人提供最優質的復康服務。

2019年用於復康方面的總開支達二千一百一十七萬元，反映基金委員會為病人提供優質復康服務的承諾及決心。我們很高興在此分享一些重要的項目及於年內得到的成果。

委員會很高興於本年度公佈與醫院管理局(醫管局)的合作計劃，特別為肺塵埃沉着病及間皮瘤病人安排接受指定醫院提供之特設胸肺復康服務(醫管局合作項目)。律敦治醫院及靈實醫院已於2019年12月率先啟動計劃，而委員會亦正努力並可望於短期內在新界區找到一所合適醫院提供服務。

病人身體狀況差異頗大，委員會認為最需要復康服務的病人包括喪失能力程度嚴重、年紀老邁、難於外出而長時間困在家中及需要依賴醫療儀器以維持基本身體機能的病人。與醫管局合作的計劃亦以這批病人為主要服務對象。由呼吸系統專科醫生、護士、職業治療師及物理治療師組成的專業團隊為病人提供多元化的家居和醫院復康服務。

COMMITTEE ON REHABILITATION

復康委員會



Another group of patients with better physical conditions continued to receive support and care through our Comprehensive Community Rehabilitation (CCR) Programme. During the year, 123 patients completed the preliminary assessment in Adventist Hospital – Tsuen Wan, making up a total of 575 (about 40% of our patients) having joined the programme since 2016. With more and more patients having enrolled the programme, it is encouraging to note the steady increase of the number of patients who have developed regular exercise habit in the community rehabilitation centres and also the increased frequency of patients having exercises each month.

Convenient access to the exercise centres is one of the motivating factors for patients to join the exercise sessions. The Committee has been working hard to source more well-equipped centres to cater for patients living in different districts. A tender exercise was launched in 2018 to select suitable and convenient exercise centres and we successfully sourced an increased number of centres to participate in the programme, from seven in 2018 to 11 centres in 2019. In 2019, 318 patients joined the exercise sessions for at least once, an 11.6% increase from 285 patients in 2018. During the year, patients have attended a total of 14 985 sessions in training centres, and this represented a substantial increase of 6 667 sessions or 80.15% when compared with the 8 318 sessions in 2018. The average number of sessions that a patient attended per month increased to 5.2 sessions in 2019 from 4.34 sessions in 2018. We are glad to learn from the above figures that more patients have successfully developed and maintained the regular exercising habit, which was the main objective of setting up this rehabilitation programme.

另一批身體狀況較佳的病人則透過持續參與「社區綜合復康計劃」接受支援及照顧。本年度共有123位病人於港安醫院 – 荃灣完成首次評估。自2016年計劃開展至今，已有575人參與計劃，佔整體病人人數約4成。隨着更多病人參與計劃，成功建立運動習慣並定期到社區復康運動中心進行運動的病人人數維持穩定，並有上升趨勢，病人每月運動次數亦有所增加，這些數字實在令人鼓舞。

方便易達的運動中心為病人前往中心進行運動之其中一大動力。委員會致力尋找更多設備完善的運動中心，以方便居住於不同地區之病人。委員會於2018年進行招標，獲採納的指定社區運動中心由2018年的7間增加至2019年的11間。期間曾參與最少一次運動鍛煉的病人有318名，比2018年的285名增加11.6%。年內所有病人於運動中心共進行了14 985節運動，比2018年之8 318節大幅增加6 667節或80.15%。每名病人平均每月運動次數亦由2018年的4.34次增加至2019年的5.2次。從以上數據，委員會樂見更多病人成功建立及維持有規律的運動習慣，達到計劃最初定立之主要目標。

COMMITTEE ON REHABILITATION

復康委員會

Under the CCR programme, patients would receive regular assessments by our professional team to closely monitor their exercise progress. Since the commencement of the programme in 2016, 458 patients have completed different stages of Phase 2 reassessments which showed that they had maintained regular exercises for three to nine months, and 120 patients had entered Phase 3 indicating that they were able to keep the exercise habit for over one year. In our last year's report, an analysis was done for the 99 patients who had completed Phase 2.1 reassessment from September 2017 to September 2018 for evaluating the improvement that patients had gained in this programme. This year, analysis was also conducted in respect of the period from September 2017 to September 2019 and some key findings are summarized in the table below:

參與社區綜合復康計劃的病人會定期接受由專業團隊進行的復康評估，以緊密監測其運動進度。自2016年計劃開展以來，已有458名病人完成第二階段不同分段的復康評估，顯示出他們已維持了3至9個月有規律的運動鍛練；另有120名病人已進入第三階段的評估，反映他們已持續了一年以上的運動鍛練。於去年年報中，委員會曾為99名於2017年9月至2018年9月期間完成第二階段第一次評估的病人進行分析，以評估他們在參與計劃後所得到的進步；本年度委員會亦作同樣分析，並將分析期間延伸至2019年9月，以下圖表總結了一些重要結果：

		No of patients completed Phase 2.1 reassessment	Improvement in 6-minute walk test	Improvement in max handgrip strength	Recommended for upgrading the exercise level
			No. (%)	No. (%)	No. (%)
		已完成第二階段第一次評估的病人數目	「六分鐘步行」測試成績有所進步的病人數目(%)	「最大手握力量」分數有所提高的病人數目(%)	獲建議安排提升運動級別的病人數目(%)
September 2017 – September 2018	2017年9月至2018年9月	99	54 (55%)	23 (23%)	13 (13%)
September 2017 – September 2019	2017年9月至2019年9月	224	134 (60%)	58 (26%)	70 (31%)

The benefits to patients for maintaining regular exercises were reflected by the preliminary positive results at Phase 2 where over half of the patients showed improvement in the test on 6-minute walk. Moreover, the proportion of patients getting improvement was on an increasing trend as well.

第二階段的評估結果反映出持續運動鍛練為病人帶來好處，超過一半的病人於「六分鐘步行」測試成績有所進步。此外，整體病人健康得到改善所佔百分比也有上升的趨勢。

Before the commencement of the HA Programme in 2019, the Board engaged the service of outsourced physiotherapists to provide Home Physiotherapy Services to weaker or homebound patients who are not able to join exercises in community rehabilitation centres. During the year, 81 patients received the services and a total of 1 602 training sessions were carried out in patients' homes. With the commencement of the HA programme, we will aim for a gradual transfer of these clients to the HA teams for facilitating a more comprehensive support and service. In the meantime, before the full scale HA Programme comes into operation, we will assure that the needs of these target patients are met and will review the requirement of the Home Physiotherapy Services in due course.

在2019年醫管局合作項目開展前，委員會為一群體弱或長期留家而未能前往社區復康運動中心的病人提供外判物理治療師家居物理治療復康服務。年內共有81名病人獲安排家居鍛練合共1 602節。隨着醫管局服務之開展，這些個案會續步轉介至醫院團隊跟進以期病人可獲得更全面之支援及服務。同時在醫管局合作計劃全面運作前，委員會會適時評估家居物理治療復康服務的需求以確保病人獲得適當的照顧。

COMMITTEE ON REHABILITATION

復康委員會



Physical health is certainly important to our patients but maintaining psychological and social health in the rehabilitation process are equally crucial to them. Through a tendering process, the Board commissioned the Pneumoconiosis Mutual Aid Association (PMAA) to provide social and psychological support services to patients with psychological and social problems. During the year, 194 cases had received a total of 1 356 home visits attended by professional social workers aiming to solve or ease the social and psychological problems faced by patients and/or their carers.

As pneumoconiosis is a chronic disease, carers play an important role in enhancing both the physical and psychological health of patients in the rehabilitation process. It is generally agreed that the care and support given by carers would contribute much to improving patients' conditions. In view of this, the Committee continued to support sponsorship funding to the launch of a "Carers' Support Programme" by PMAA. During the year, 335 home visits were arranged for 80 cases. In addition, with the professional support by The Hong Kong Polytechnic University School of Nursing, six workshops with four sessions each were arranged for a total of the 73 carers to enhance their caring skills for facilitating the rehabilitation of our patients.

To reach out to more patients of different spectrums, the Committee also funded other rehabilitation projects including the Tai Chi classes, health education talks, music therapy classes etc. arranged by PMAA and the community group gatherings arranged by the Association for the Rights of Industrial Accident Victims.

To conclude, the Committee would like to express our heartfelt gratitude to our members for materialising all the above work. The Committee will continue to take care of evolving needs of our patients, provide quality and comprehensive rehabilitation programmes to them, and explore every opportunity for further enhancing our services.

身體健康對病人固然重要，但心理及社交健康於復康過程中亦不容忽視。通過招標，基金委員會委託肺積塵互助會(互助會)為心理及社交出現問題的病人提供支援服務。年內共194名病人接受由專業社工負責，合共1 356次家訪。計劃希望能盡量解決或舒緩病人及／或照顧者在心理及社交上所面對的問題。

由於肺塵埃沉着病是一種慢性病，照顧者在復康過程中對病人身體及心理健康的改善擔當着一個重要角色。社會普遍認同照顧者的悉心照料及支援可直接提升病人各方面的情況。有見及此，委員會透過資助申請項目，於是年繼續資助互助會延續其「照顧者支援計劃」。是年共為80位照顧者提供335次家訪。除家訪外，計劃亦得到香港理工大學護理學院的支持，合共為73名照顧者安排了6個各4節的工作坊以加強他／她們的照顧技巧從而提升病人之復康質素。

為接觸更多不同需要之病人，委員會亦資助其他類型的復康計劃，包括由互助會主辦的太極班、健康講座、音樂治療班等及由工業傷亡權益會安排之社區聚會。

最後，委員會衷心感謝各委員的貢獻，令上述工作得以順利進行。委員會將繼續提供全面及優質的復康服務以照顧病人不停轉變的需要。委員會亦會繼續探討不同方案，進一步加強服務。

COMMITTEE ON REHABILITATION

復康委員會



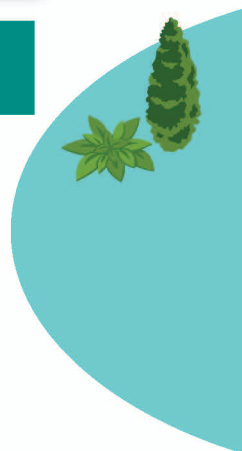
Health Education Talk
健康講座



Music Therapy Class
音樂治療班



Tai Chi Class
太極班



COMMITTEE ON REHABILITATION

復康委員會



The Chairman of Committee on Rehabilitation, Mr Wilfred Wong Kam-pui, JP (fifth right), had a meeting with patients
復康委員會主席黃錦沛太平紳士(右五)與病友會面



Exercise centre under Comprehensive Community Rehabilitation Programme
「社區綜合復康計劃」下的運動中心