

Community Engagement in Primary Healthcare: An experience of District Health Care

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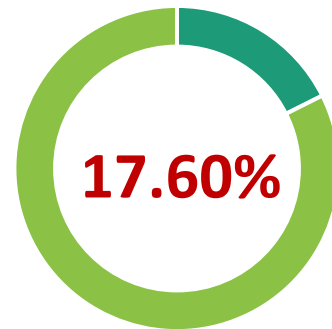
RN(HK), RM(HK), Cert in DE(HK), BAppSc(Nurs)(Monash), DDME(CUHK),
MNurs(Monash), MSc in EDM(CUHK), FHKAN(Medicine-Diabetes)

Chief Care Coordinator

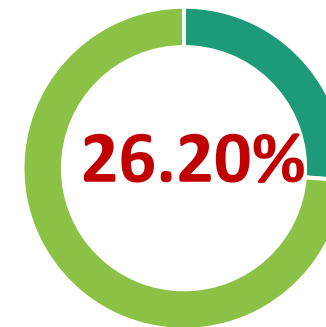
Sham Shui Po District Health Centre

Health care challenges in Hong Kong

65 years old or above in HK
(2019)



Estimated 65 years old on above in hk
(2029)



Total health care expenditure
as a percentage of GDP

3.6% → 6.8%

1989/90

2019/20

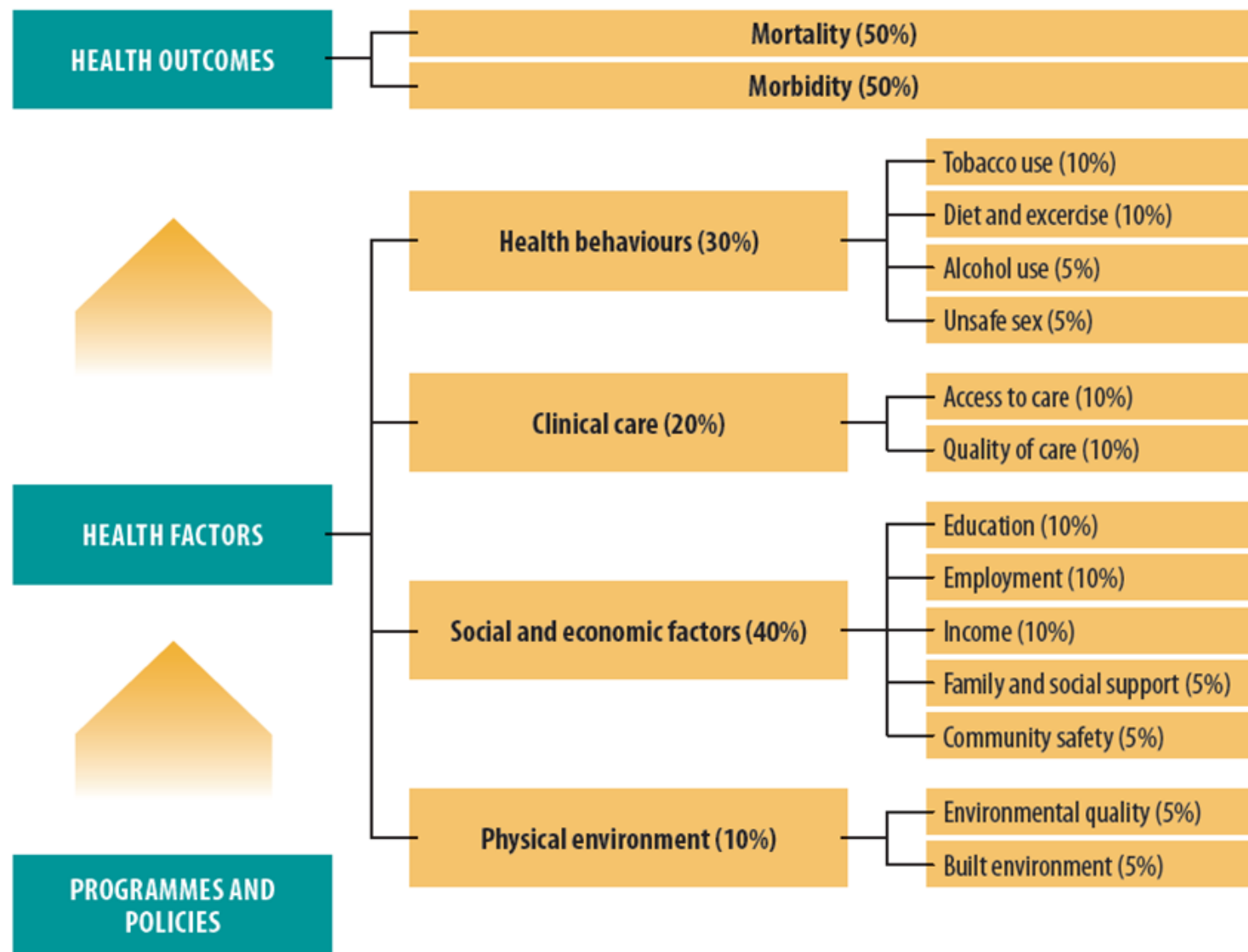
Secondary and tertiary care
Provided by hospital authority in 2016



References:

1. Projections of population distribution 2021 - 2029. Planning Department
2. ESTIMATES OF HEALTH EXPENDITURE : 1989/90 - 2019/20. Domestic Health Accounts. Food and Health Bureau
3. InpatiPublicent (Secondary & Tertiary care)share: Private share by Inpatient Bed Day Occupied in 2016, HA and Department of Health

Figure 1.1: Country Health Rankings model

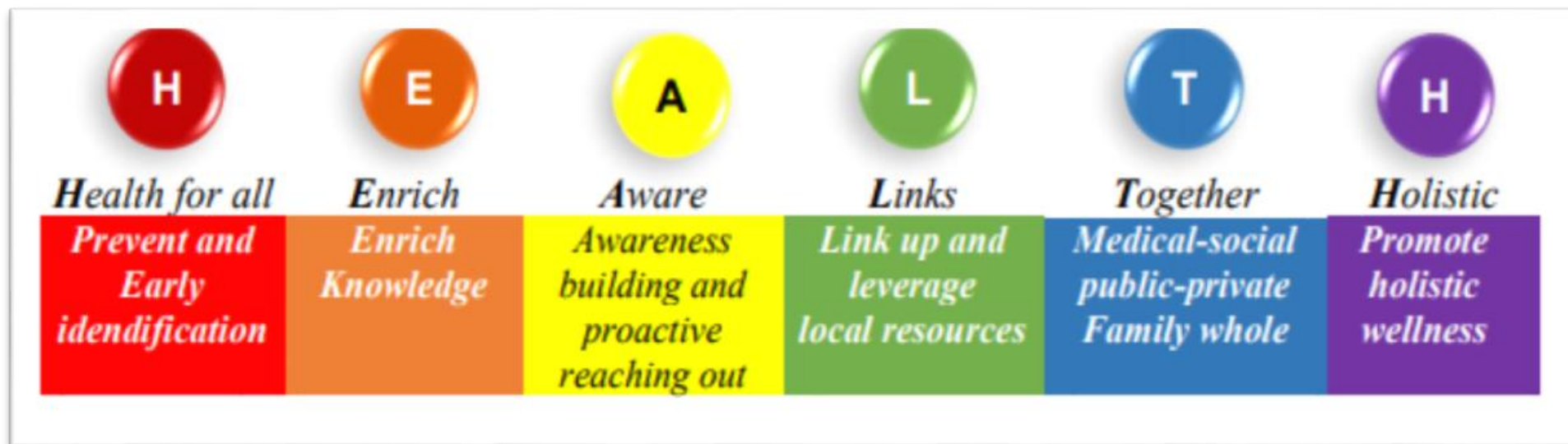


**Medical Social
Collaboration**

**Health in ALL
Policies**

**Big Data
Management**

HEALTH is...



HEALTH is...



The role of DHC in community

Primary prevention

Secondary & Tertiary prevention



Health
Enhancement

Diseases
Prevention

Diagnosis

Medical
Treatment

Disease complications
Management

Promote health awareness & literacy
 Identify high-risk group & intervention
 Early diagnosis & intervention
 Slow down disease progress

Public-private partnership
programme

Protocol-driven, transdisciplinary
approach case management



Health promotion



Disease prevention and
screening



A service / resource hub



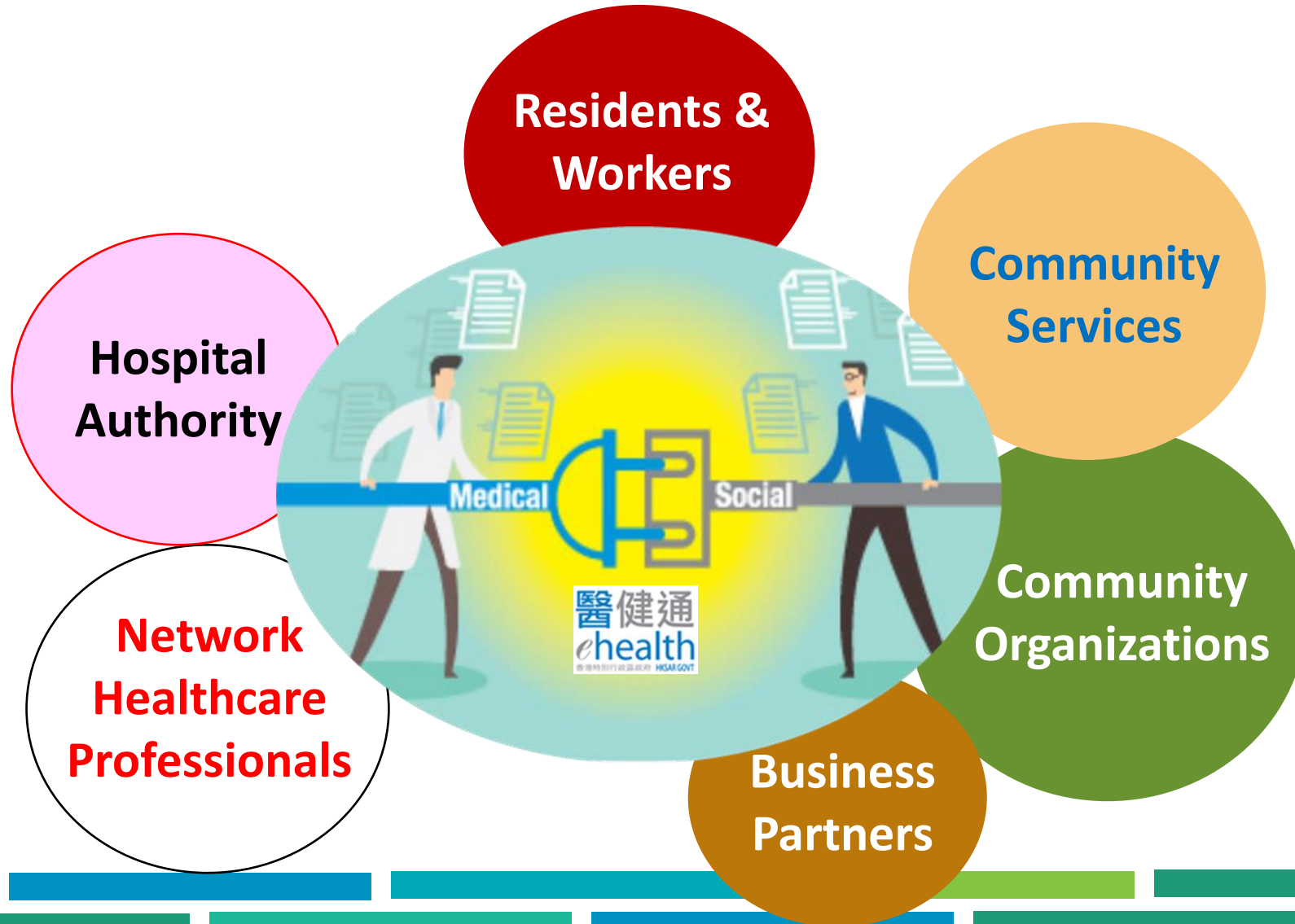
Chronic disease
management



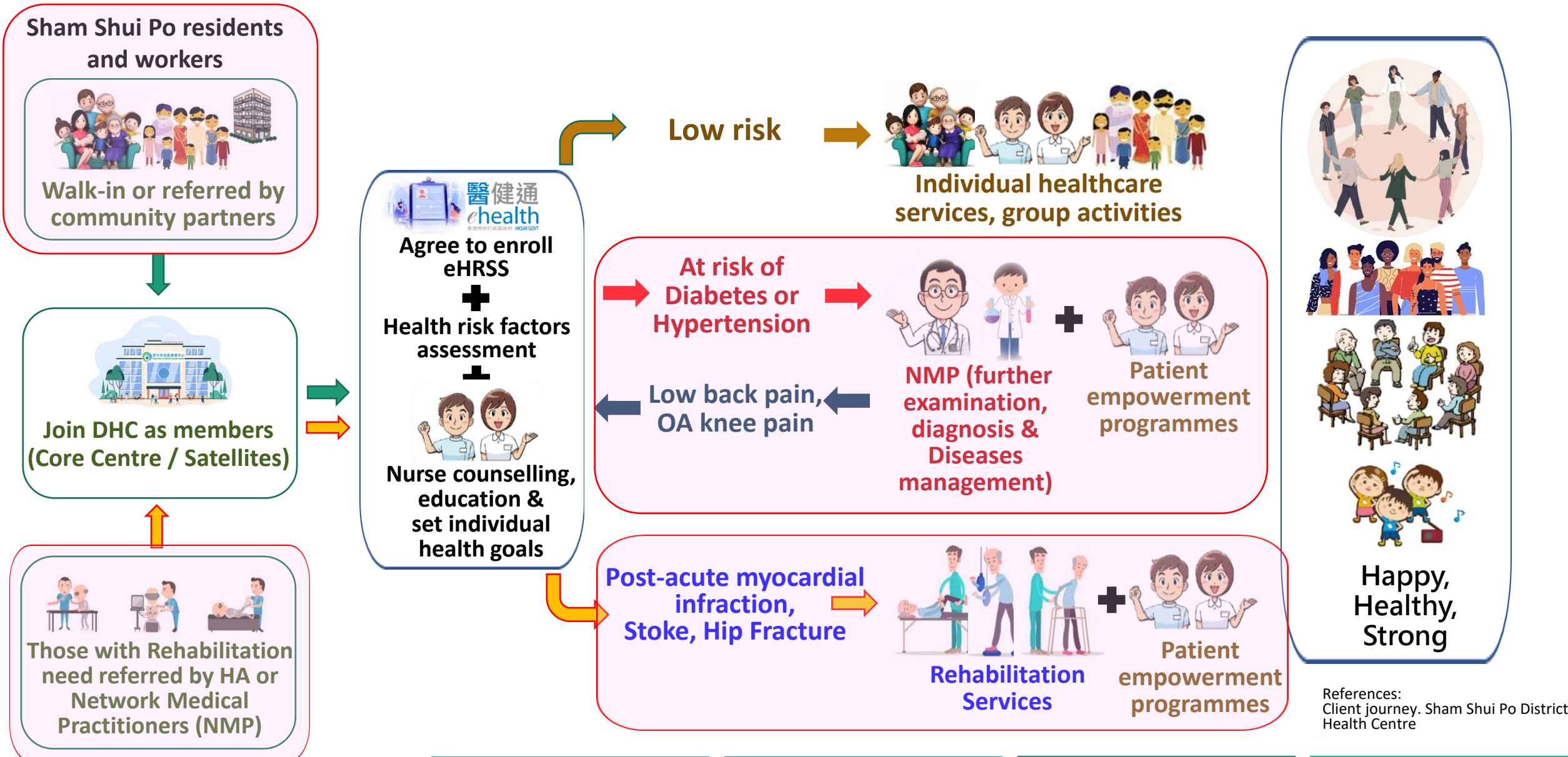
Community
rehabilitation

References:
 1. Health In Action
 2. Key Functions and Features of DHC. District
 Health Centre. Food and Health Bureau

Community engagement



Client journey



How we engage community partners?



Focus groups discussion
& engagement meetings



Transitional Social Housing



SSP District Council



HOPE worldwide



Dream Impact
(Resource bridging platform)



CareAge Nurse Stations,
Community CareAge Foundation



Christian Concern For
The Homeless Association



Ethnic Minority
Service Units

Community engagement



- ✓ Provide health promotion & activities with various stakeholders
- ✓ Cover a wide spectrum of collaboration
- ✓ Connect citizens across races



Community engagement



- ✓ Cooperate with local schools to promote “Healthy Programmes in School”
- ✓ Raise awareness of healthy lifestyle modification to students, parents & staff



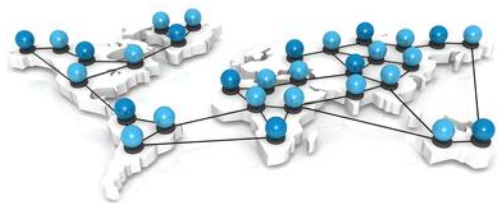
<p>MIND Diet 學習健康飲食法則，而MIND Diet是一套新飲食原則，有助預防三高，提倡10多種可以多吃及5種少吃的食物。</p>	<p>「管」得有道 家長於照顧小朋友時會遇到不同的困難及挑戰，試過不同方法都未必能處理小朋友所有的情緒及問題，認識自己的應對模式，有效管理子女。</p>	<p>睛靈一 近年疫情關係，小朋友長時間使用電腦及手機，依賴上網學習與工作，教師、家長及小朋友如何一起有效維護視力健康。</p>
<p>「性」在有您 小朋友踏入青春期，生理及心理都出現變化，家長學習如何裝備自己，協助他們健康過渡。</p>	<p>#健康先至係中心 Health is CORE</p>	<p>健康生活捷思 早睡早起身體好？少食多餐會瘦D？坊間不同的生活習慣，一齊探掘一種若自己既健康生活模式。</p>
<p>挺直人生 小朋友每天上學背負著沉重的書包及長期坐著網上學習，他們的腰背健全及發育問題令人擔憂，讓家長學習如何強健兒童背脊之妙法。</p>	<p>藝術減壓活動 每人都會有情緒，都需要有疏導的出口，透過加入藝術元素的活動(如和諧粉彩、手指畫、輕彩繪等)，放鬆心情，認真減壓的重要。</p>	<p>健康Gogo高 「食極都唔長肉」、「跳極都唔高」、「飲咗水都肥」，相信都是大部分父母對小朋友不同成長階段的擔心，由有經驗的團隊親身解說，令小朋友食得有鑒，長得健康。</p>

主題講座
不同範疇的主題講座為居民提供全面健康資訊，真正把健康融入生活，達至「健康先至係中心」的理念。

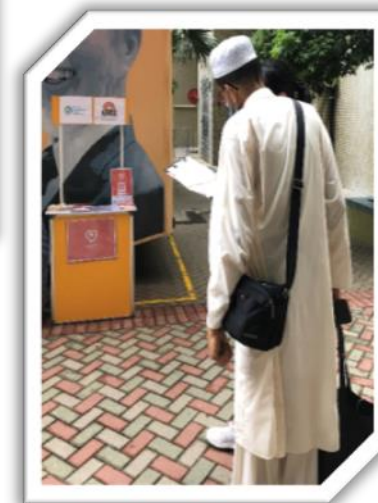
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美樓樓2樓201A
2397-1110
sspdhc@sjs.org.hk
http://sspdhc.org.hk

深水埗地區康健中心
Sham Shui Po District Health Centre
營運機構 Operator
聖雅各福群會
St. James' Settlement

How we engage community?



- ✓ Learn the needs of the district
- ✓ Respond to specific health needs
- ✓ Deliver health promotion & introduce the DHC services



Community engagement



✓ Arrange centre visits & experiencing workshops/health activities



Healthy lifestyle Programmes in Community



戒煙預備班
為戒煙旅程作好準備



2021-10-22

**Passing of the Smoking
(Public Health)...**

SSPDHC welcomes the passing
of the Amendment Bill



Collaboration with Hong Kong Council on Smoking and Health & TWGHs Integrated Centre on Smoking Cessation for “smoking cessation” & related health promotion

Health Promotion & Services

Vaccination promotion and consultation

Respond to the health needs



新冠疫苗接種諮詢服務

費用全免 · 敬請預約
電話：2397 1110

成為本中心會員
健康評估及護理建議
新冠疫苗接種諮詢
電話跟進

→ 深水埗區居民
→ 深水埗地區康健中心主中心 | 石硤尾邨美榕樓2樓201A

查詢：2397 1110
www.sspdhc.org.hk



COVID-19 vaccination and supporting network



**季節性流感疫苗注射計劃
2021-22**

本中心與地區網絡醫生合作，於2021年10月份開始為合符「疫苗資助計劃」人士免費接種四價流感疫苗。其他人士可選擇於本中心以優惠價接種四價流感疫苗，費用由當日提供服務的地區網絡醫生直接收取。

日期：2021年10月 - 2022年1月
時間：14:00-15:00；15:00 - 16:00；16:00 - 17:00
地點：深水埗地區康健中心（主中心）
深水埗石硤尾邨美榕樓2樓201A

報名詳情：
對象：年滿13歲或以上的香港居民（深水埗地區康健中心會員優先）
報名方法：親臨主中心/附屬中心查詢 或 掃描QR Code

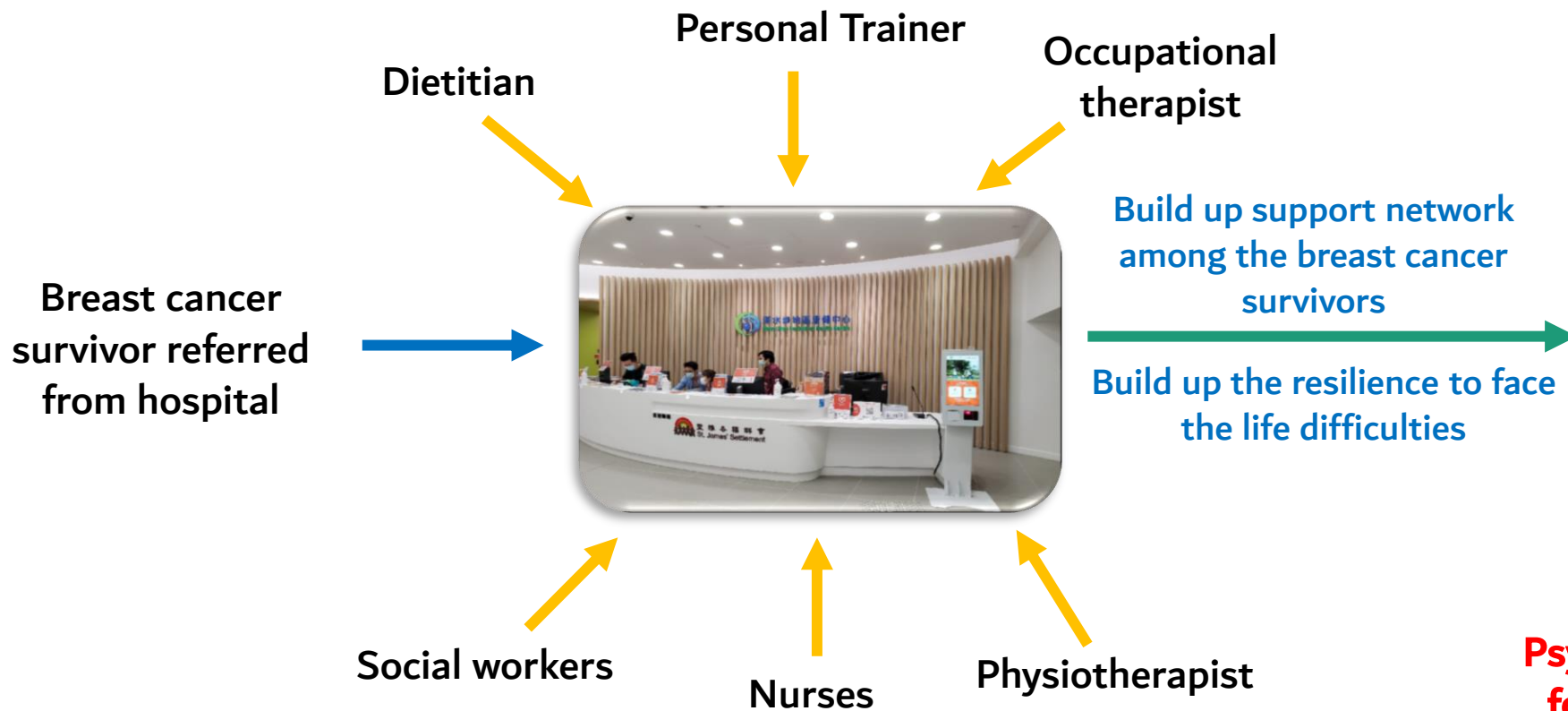
查詢：2397 1110
www.sspdhc.org.hk

先至係中心
is CORE

Seasonal Influenza Vaccination

Medical-Social Collaboration with Hospital Authority (Kowloon West Cluster)

Pilot Collaboration Breast cancer survivorship programme at DHC



Psycho-social support programme for the Breast Cancer Survivors

Collaboration with hospitals (Community rehabilitation Programme)

Rehab programmes at DHC for people with Stroke,
Acute MI (post acute phase) & Hip fracture

Patients early
discharged from
hospital

Outpatient clinic's
cases with further
rehab needs



DHC

Physical & functional training
including mobility and daily
activities

Cognitive training

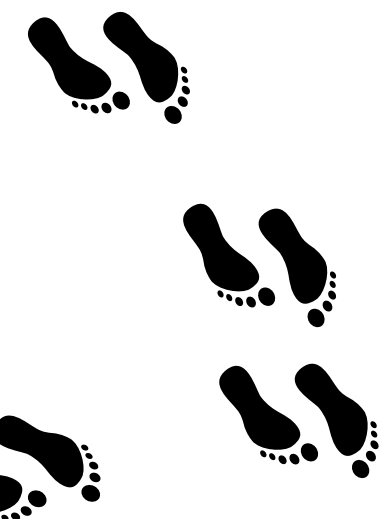
Advice on speech or swallowing
problem if indicated

Education and advice on diet

Education and advice on daily
function for the Clients and
careers



Community
rehabilitation



**HEALTHY CITY
HEALTH FOR ALL**





Thank You

