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The Hong Kong Jockey Club Community Project Grant



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust

# The 9th Global Conference of the Alliance for Healthy Cities

“SMARTER HEALTHY CITIES BEYOND COVID-19”

3-5 November 2021

## “To Build A Safer and Healthier Community – Roles and Functions of Kwai Tsing District Health Centre”

### Speakers:

*Ms. Lorensa MAK, Executive Director*

*Dr. Jamie LAU, Rehabilitation Manager*



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# The 9th Global Conference of the Alliance for Healthy Cities

“SMARTER HEALTHY CITIES BEYOND COVID-19”

## About Kwai Tsing District Health Centre



## About Kwai Tsing District Health Centre (K&TDHC)

- With Government subsidy, K&TDHC was the first DHC set up in September 2019 to promote health prevention and management activities in the community



# About Kwai Tsing District Health Centre (K&TDHC)

## Mission

- Improve the overall health status of the population
- Reduce unnecessary demand for secondary and tertiary healthcare

## Vision

- Encourage the public to take precautionary measures against diseases
- Uphold public's capability in self-care and home care, promote community care, and reduce the demand for hospitalization through efforts to promote individual and community involvement in health maintenance
- Enhance coordination among various medical and social sectors, and strengthen district-level primary healthcare services



# About Kwai Tsing District Health Centre (K&TDHC)

- A Core Centre, five Satellite Centres and one Service Point
- Multi-disciplinary team, including nurse, dietitian, occupational therapist, physiotherapist, pharmacist and social workers. We also have network partners of doctor, speech therapist, podiatrist, traditional Chinese medical practitioner to serve our clients



## Core Centre

### Core Centre in Kwai Hing

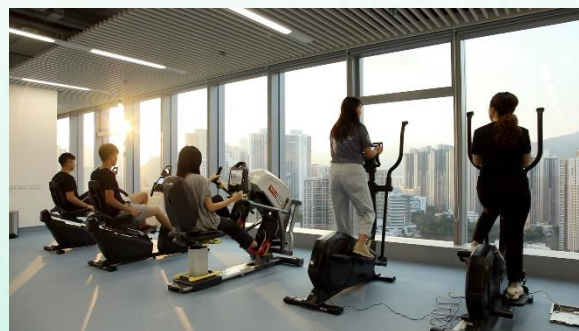
17 Sep 2019  
into service



### Service Hours

Monday to Saturday  
10:00am-8:00pm

Special notice will be announced  
if open on public holidays



# Satellite Centre

### Kwai Luen Estate



### Lai King



### Cheung Hang Estate in Tsing Yi



5 Satellite Centres  
+  
1 Service Point

### Shek Lei(II) Estate



### Cheung Ching Estate in Tsing Yi



### Tai Wo Hau



Organised by :

健康城市聯盟  
中國香港支部



The Hong Kong Jockey Club Community Project Grant

# The 9th Global Conference of the Alliance for Healthy Cities

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## Services





# Services

- All clients registered as members are offered a systematic health assessment for formulating a personalised preventive care plan, according to each individual's health risk profile and functional capacity
- **Primary Prevention**
  - Self-management support programmes for health promotion, health communication, counselling and disease prevention. Optimal functional and healthy active lifestyle is promoted.



# Services

- **Secondary Prevention**

- Individual Health Risk Factor Assessment and Chronic Disease Screening Programmes, e.g. Diabetes Mellitus (DM) and Hypertension (HT) with an aim to maintain functional independence
- Clients identified with health risk factors for HT and DM will be referred to Network Medical Practitioner (NMP) for further assessment and diagnosis

- **Tertiary Prevention**

- Chronic disease management programmes, including DM, HT, Low Back Pain and Osteoarthritic Knee Pain
- Community rehabilitation programmes, including stroke, hip fracture and post-acute myocardial infarction



# Primary Prevention

Free

Free Class & Talk

- Fall Prevention
- Eat Healthy
- Pain Management
- Exercise
- Hypertension & Diabetes Management
- Mental Wellness



## Secondary Prevention



With **Basic Health Risk Factor Assessment** to identify health concerns for the development of a personalized self-health management plan

Member at risk of developing hypertension or diabetes will be referred to the Centre's Network Medical Practitioners for further examination and diagnosis



# Tertiary Prevention

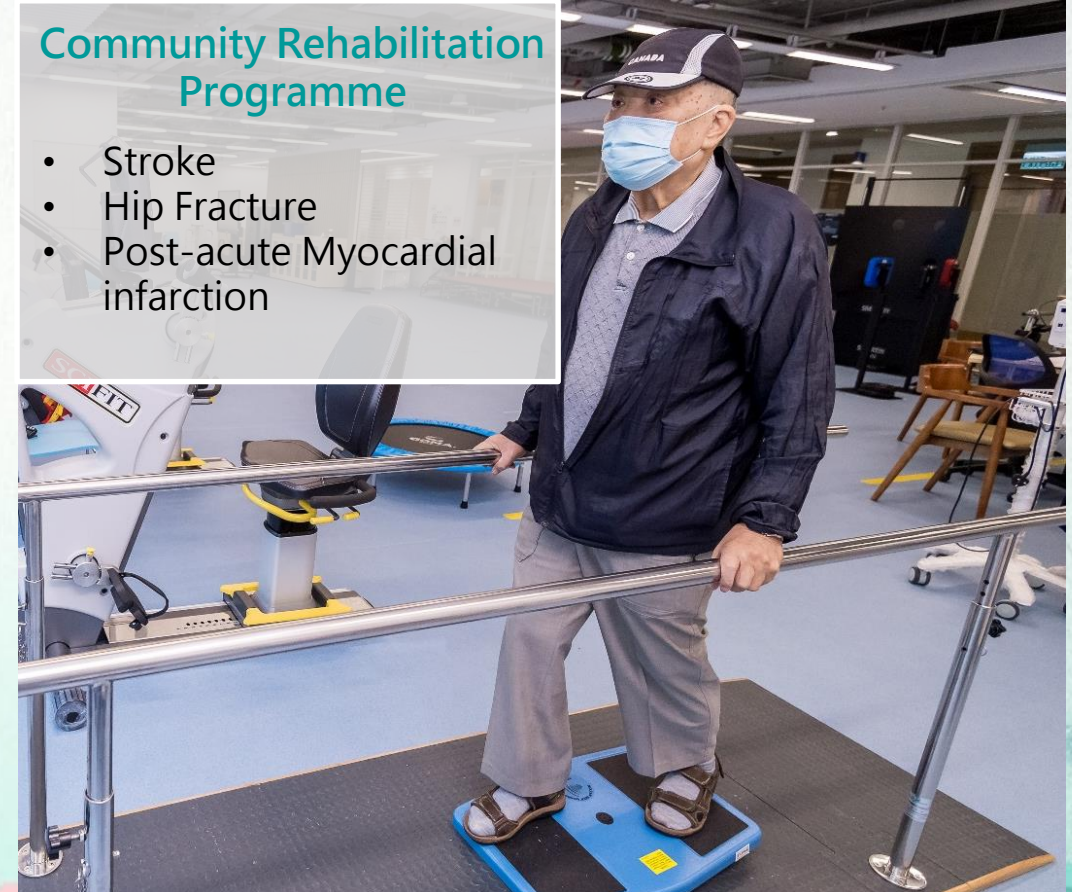
## Chronic Disease Management

- Diabetes mellitus
- Hypertension
- Low Back Pain
- Osteoarthritic Knee Pain



## Community Rehabilitation Programme

- Stroke
- Hip Fracture
- Post-acute Myocardial infarction



# Service Delivery Approach



## Community collaboration

### Major Collaboration Partners



葵青區議會



葵青民政事務處



香港乳癌基金會  
HK Breast Cancer  
Foundation

### Collaboration with Schools



### Collaboration with NGOs



- Co-op Shop at DHC Core Centre to display home rehabilitation equipment for patient with different needs

## Public-private partnership



**f LIVE 直播**

**中醫教你消化滯**

日期：2021年8月25日  
時間：下午3:00  
講者：註冊中醫師 殷凱琪

健康 Follow Me

葵青地區康健中心  
Kwai Tsing District Health Centre



葵青地區康健中心  
Kwai Tsing District Health Centre

葵青安全社區及健康城市協會  
KWAI TSING SAFE COMMUNITY AND HEALTHY CITY ASSOCIATION

**網絡醫生及醫療服務提供者通訊**  
Newsletter for Network Medical Practitioners & Service Providers

9月份第五期 9/2021 Vol 5

**幫你健康 打好個底**

**食物及衛生局局長陳肇始教授  
到訪葵青地區康健中心**

食物及衛生局局長陳肇始教授於7月29日到訪本中心，了解葵青地區康健中心網絡醫生與中心合作為長者提供的新冠疫苗外展接種服務。

陳肇始教授在葵青安全社區及健康城市協會主席周奕希先生陪同下視察了疫苗外展接種服務情況，並且鼓勵市民接種疫苗，達至全民抗疫，保護社區。在過程中，她亦積極參與與活動的長者傾談，欣慰他們對本中心接種服務和因應疫情而採取的防疫措施感到十分滿意。社會各界在疫情下同心抗疫，共渡時艱。另外，陳教授亦感謝本中心員工及地區網絡醫生許聯洪醫生在此期間的支持和堅守崗位，為市民提供有效便利的服務。

為響應政府宣傳及加強推動市民接種新冠疫苗，本中心透過不同媒介推廣、舉辦多場教育活動及發放地區內接種疫苗總匯資訊供市民參考，並為有需要人士，特別是長者，提供了預約登記接種疫苗服務。此外，中心與網絡醫生合作，提供外展與科興疫苗接種服務。市民接種疫苗後，中心護士亦會在隨後數天跟進市民的針後反應。如有需要，會提供輔導及協助。中心計劃安排22場的科興疫苗接種活動。截至7月29日，本中心共進行了9場科興疫苗接種活動，當中接近60%參與人士為65歲或以上。





## Multi-disciplinary care management approach



# Align with Government Healthcare Policy

- Cooperated with the Government in facilitating the implementation of primary health related initiatives and public health emergency policies
- e.g. smoking cessation, vaccination, community pharmacy services, women health promotion



**f LIVE 直播**

**飲酒與健康**

日期：2021年10月11日  
時間：下午3:30  
講者：社工

健康 FOLLOW ME

葵青地區康健中心  
Kwai Tsing District Health Centre



你以為戒煙好辛苦？  
其實你放棄人生最大本錢

煙 不離手  
病 不離身

NO MORE CIGARETTE  
戒煙自強企劃

配合中心的專業戒烟輔助及管理綜合服務  
為您命名為「健康」既檢大航道上一切煙癮同障礙

重點項目

<b>暫緩戒煙</b> 由戒煙專員及護理師提供 1. 戒煙前評估：包括戒煙意願、戒煙方法、戒煙時間、戒煙地點、戒煙環境、戒煙支持系統等。	<b>戒煙管理</b> 由戒煙專員及護理師提供 1. 戒煙前評估：包括戒煙意願、戒煙方法、戒煙時間、戒煙地點、戒煙環境、戒煙支持系統等。
<b>社區藥物管理</b> 由戒煙專員及護理師提供 1. 戒煙前評估：包括戒煙意願、戒煙方法、戒煙時間、戒煙地點、戒煙環境、戒煙支持系統等。	<b>體檢管理</b> 由戒煙專員及護理師提供 1. 戒煙前評估：包括戒煙意願、戒煙方法、戒煙時間、戒煙地點、戒煙環境、戒煙支持系統等。

葵青地區康健中心 您的健康第一站



葵青地區康健中心  
Kwai Tsing District Health Centre

葵青安全社區及健康城市協會  
KWAI TSING SAFE COMMUNITY AND HEALTHY CITY ASSOCIATION

**乳健講座**  
及早發現，治療關鍵

主講：香港乳癌基金會  
日期：2021年3月30日(二)  
時間：下午4:00 - 5:00  
地點：葵涌葵昌路51號九龍貿易中心2期30樓

**其他現場參與地點**

葵青地區康健中心 - 附屬中心 (青衣西南) 新界青衣長青邨葵樓商業平台3-4號 電話：2495 7128	葵青地區康健中心 - 附屬中心 (青衣東北) 新界青衣長青邨長亨邨長亨商場308號 電話：2382 6628
葵青地區康健中心 - 附屬中心 (葵涌中南) 新界葵涌葵興邨樂景樓低層四5號 電話：2492 2998	葵青地區康健中心 - 服務點 (葵涌西) 新界葵涌葵興邨聯地樓地下G1號 電話：2495 7131
葵青地區康健中心 - 附屬中心 (葵涌東北) 新界葵涌石籬(二)邨石籬樓低層9號 電話：2386 2660	葵青地區康健中心 - 附屬中心 (葵涌西) 新界葵涌大窩口邨富安樓平台109號 電話：2664 9546

以上地點將以網上直播形式同步進行

歡迎致電報名及查詢：1878 222 (主中心)



葵青地區康健中心  
Kwai Tsing District Health Centre

葵青安全社區及健康城市協會  
KWAI TSING SAFE COMMUNITY AND HEALTHY CITY ASSOCIATION

**乳健講座**  
自我乳房檢查  
預防乳癌的方法及篩查  
低收入婦女免費乳健檢查計劃

主講：香港乳癌基金會  
日期：2020年12月19日(星期六)  
時間：上午11:30 - 下午12:30  
地點：長青邨葵樓平台3-4號

講座將以現場參與及同步網上直播形式進行

費用全免 額滿即止  
登記入會及報名：2495 7128

掃描QR Code 報名!



## Activities for the health of the district members

- Fall prevention programme
- Weight-management Programme
- Pre-diabetes management programme
- Community rehabilitation programme



# Fall prevention programme

- Prevalence

Local HK Chinese		26.4%	(Chu, Chiu & Chi 2009)
Sarcopenia	General population	7.3-12.0%	(Chen et al, 2019)
	Hip fracture	67.7%-73.6%)	(Ho et al, 2016)

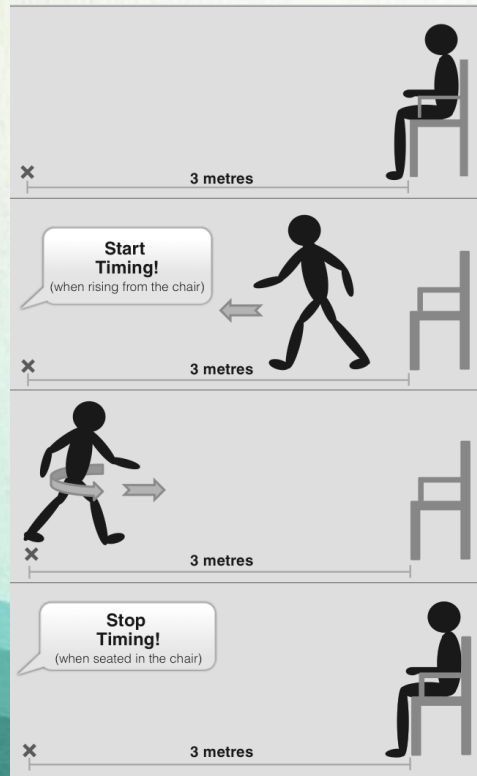
- Important to prevent fall

## Fall prevention programme

### Timed Up and Go Test

>14 sec high fall risk

12-14 sec moderate fall risk

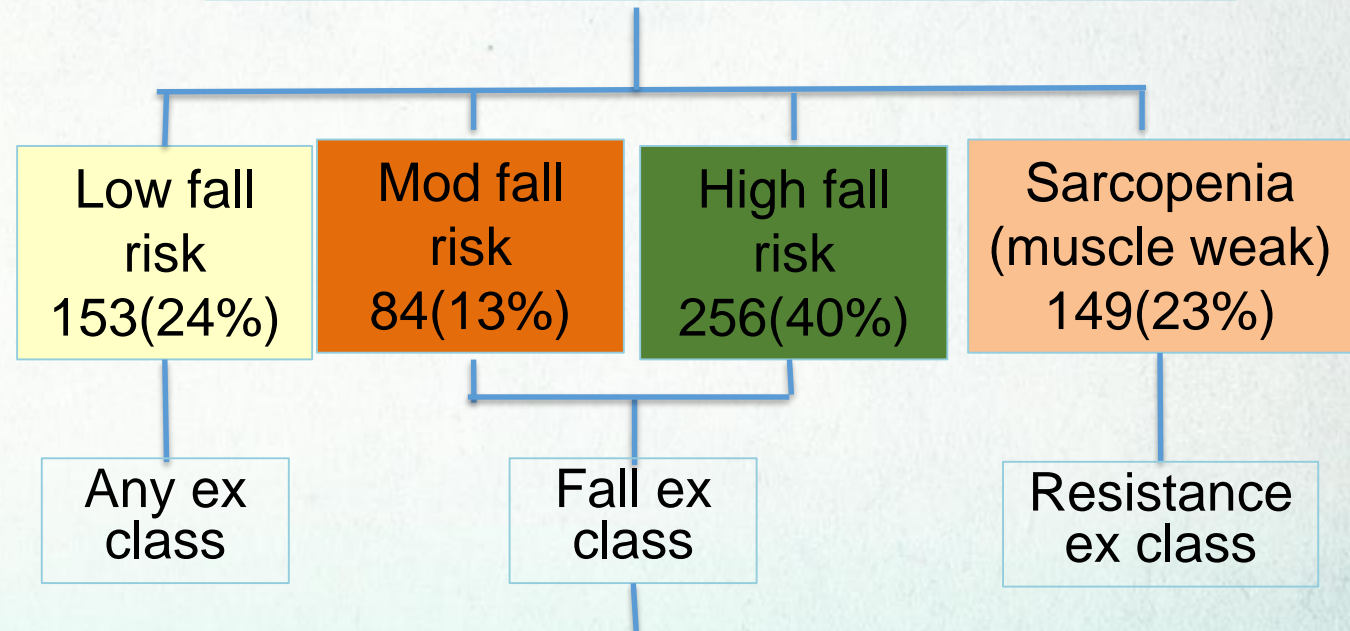


### Chair Stand test (5x)

Cut-off  $\geq 12$  sec



### Fall risk assessment (642 clients)



117 clients participated,

89 completed:

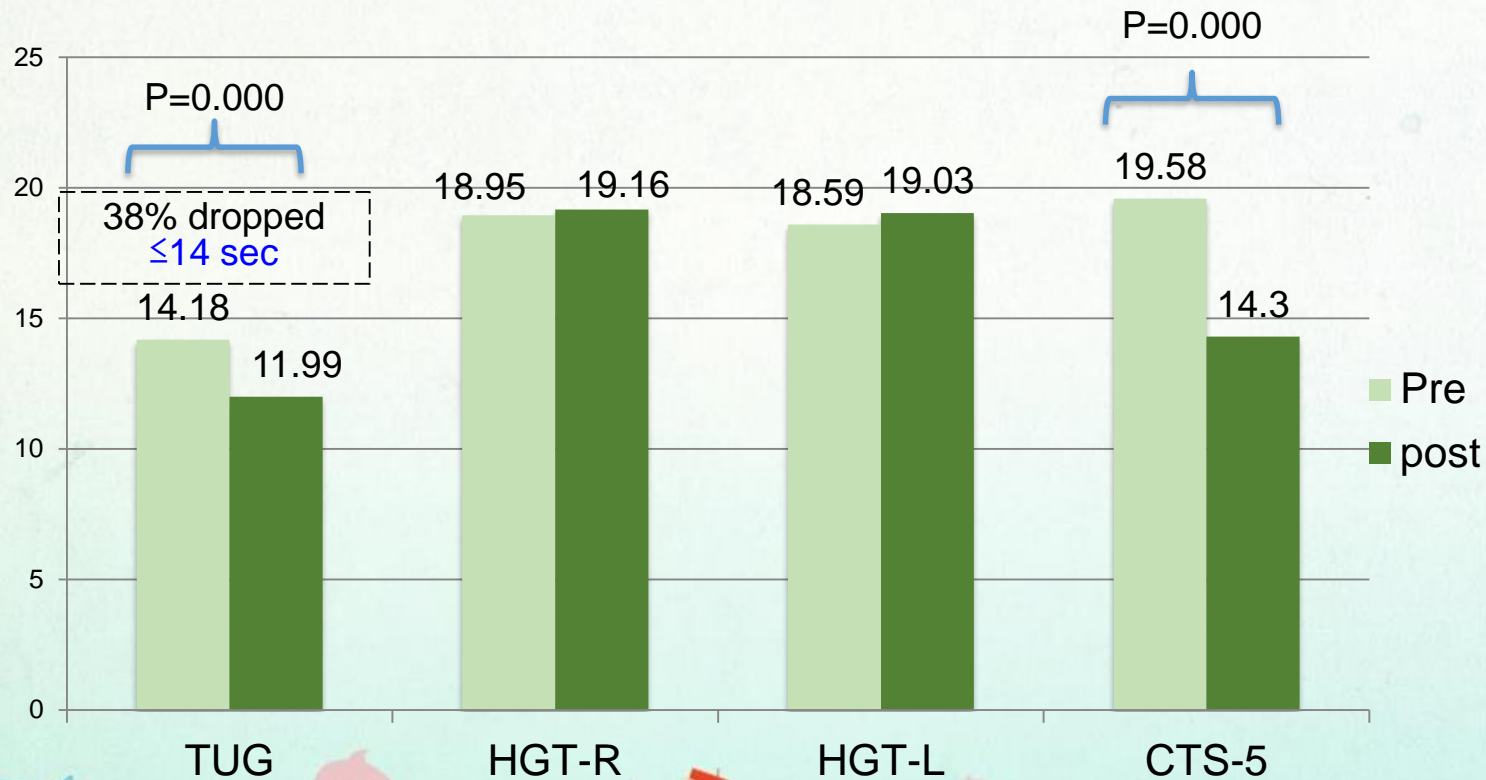
Age  $72 \pm 10$ , 80% female

TUG  $\downarrow 2.1$ sec

5x CTS  $\downarrow 5.3$ sec

P=0.000

# Balance (TUG) and leg strength (CTS-5) improved after fall exercise class (n=89, age $72 \pm 10$ , 80% female)



TUG=Timed-Up-&-Go test;  
CTS-5=Chair stand test (5 times)  
HGT-R=Hand grip test – right;  
HGT-L=hand-grip test – left;

# Pre-DM– Case identification

## Blood glucose screening

	Normal	High risk for developing DM	DM
Fasting glucose (100mg/dL)	<5.6	Impaired fasting glycaemia 5.6-6.9	≥7.0
Post oral glucose (OGTT) (100mg/dL)	<7.8	Impaired glucose tolerance ≥7.8 but <11.1	≥11.1
Average glucose level (HbA1c)	<5.5%	5.5-6.4%	≥6.5%

**Pre-DM**

# Programme content

(multi-disciplinary team, for 3 months & FU)

Session content		HCP
1	Introduction on pre-DM, DM and obesity & complication	Care co-ordinator
2	The model of modification on lifestyle and management	OT, CC
3	Can exercise prevent DM?	PT
4	Principles and recommendation for pre-DM; set goal for eating	Dietitian
5	How do you set up your exercise plan?	PT
6	What you need to know when eating out	Dietitian
7	Mindfulness in control eating; barriers and facilitators in ex	Dietitian, PT
8	Motivation and sharing in ex	PT
9	Follow up on goals in eating, food label; exercise progression	Dietitian, PT
10	150 minutes of ex a week, are you OK?	PT
11	Follow-up review session	CC, dietitian, PT



# Pre-DM program

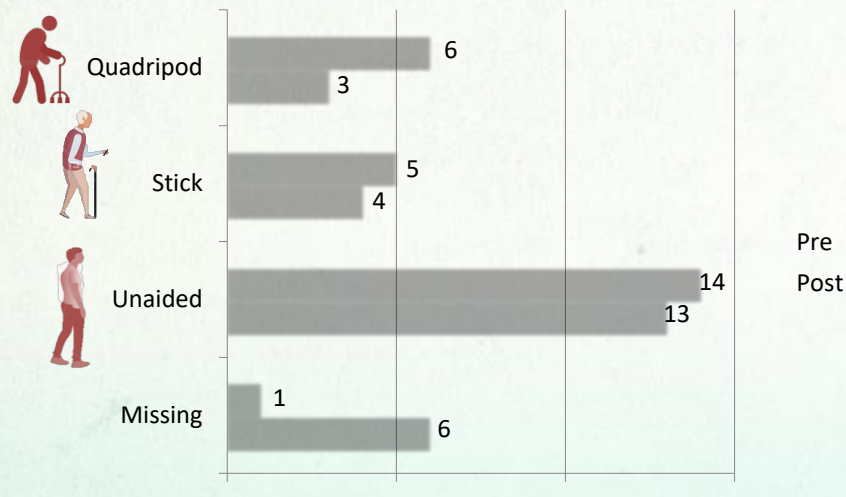
(high risk of developing into DM if no action taken)

10-session programme (ex & nutrition) in 3 months, n=46, attrition rate 26.1%

Outcome		Mean value	Mean difference	Sig. P-value
BMI	pre	23.1 ± 4.1	-0.48 ± 0.82	0.002
	post	22.6 ± 3.8		
Waist girth	pre	86.8 ± 11.6	-1.2 ± 2.8	0.024
	post	85.7 ± 11.7		
Fat mass	pre	17.5 ± 7.5	-1.2 ± 2.2	0.004
	post	16.4 ± 7.2	<b>(-2.5lb fat)</b>	
6-min walk	pre	500.7 ± 68.1	38.8 ± 71.1	0.003
	post	539.5 ± 79.6		
Chair stand (30-sec)	pre	15.2 ± 3.5	4.1 ± 3.3	0.000
	post	19.3 ± 4.5		
Histix	pre	6.7 ± 1.5	1.2 ± 1.6	0.000
	post	5.5 ± 0.7		

# 62-76% integrated into community after discharged from hospital

## Stroke (n=26 completed)



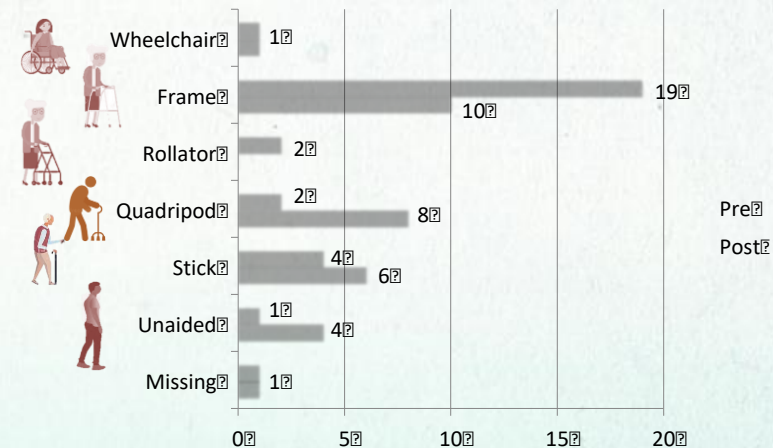
Age: 62.5 ± 11.6

Sex: female 42.3%

Walk: 50% walk unaided

62% indoor/outdoor walker

## Hip fracture (n=26 completed)



Age: 82.8 ± 7.3

Sex: female 80%

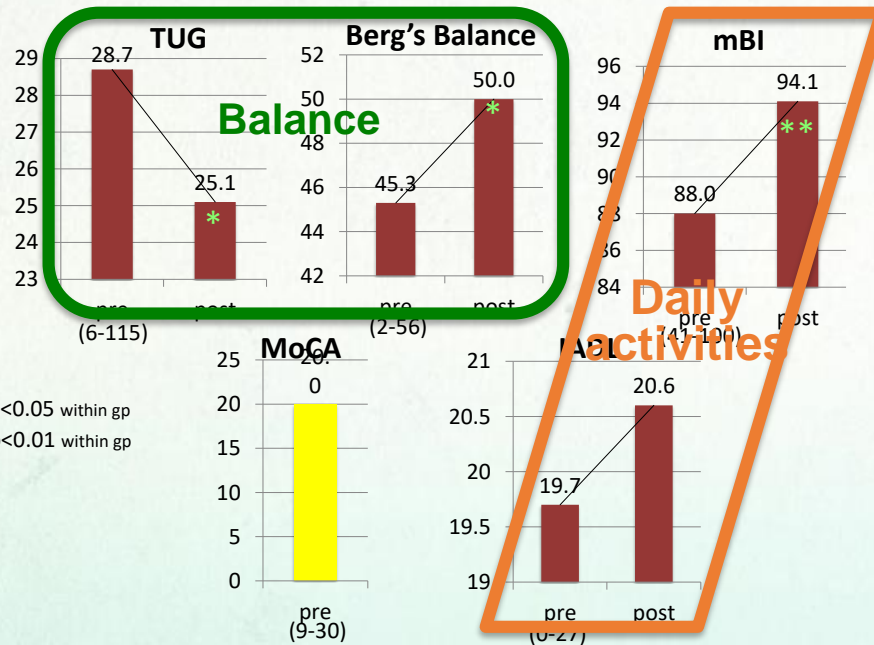
Walk: 14% walk unaided

54% used 1 or 4-point cane

76% indoor/outdoor walker

# Important to prevent recurrence for stroke and hip fracture

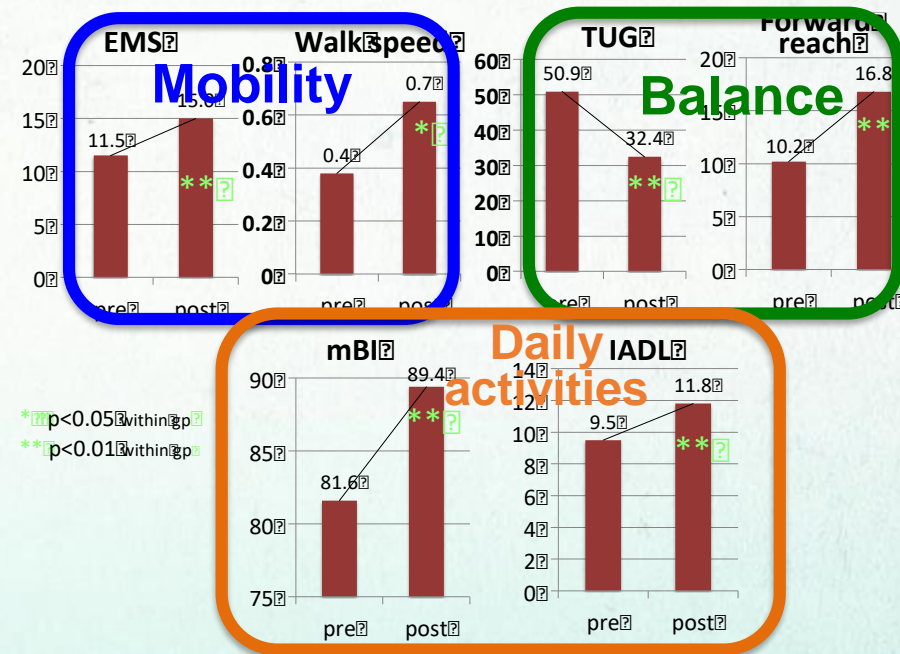
## Stroke (n=26 completed)



\* p<0.05 within gp  
\*\* p<0.01 within gp

Balance: marginal faller to low risk  
ADL: managed in basic daily activities

## Hip fracture (n=26 completed)



\* p<0.05 within gp  
\*\* p<0.01 within gp

Mobility & walk speed: improved  
Balance: high risk of fall again  
ADL: Assistance required



***Join hands with district stakeholders to  
building a health and safe community***





葵青地區康健中心：《葵青健康打底家族》  
Kwai Tsing District Health Centre 葵青地區康健中心 - 1 / 4

▶ 葵青地區康健中心：《葵青健康打底家族》第一集  
6:33 Kwai Tsing District Health Centre 葵...

2 葵青地區康健中心：《葵青健康打底家族》第二集  
3:28 Kwai Tsing District Health Centre 葵...

3 葵青地區康健中心：《葵青健康打底家族》第三集  
3:33 Kwai Tsing District Health Centre 葵...

4 葵青地區康健中心：《葵青健康打底家族》第四集  
3:28 Kwai Tsing District Health Centre 葵...



# Thank You!



Website



Facebook



Instagram



YouTube

