

基督教聯合那打素社康服務成為觀塘及大埔區「地區康健站」營運機構

基督教聯合醫務協會（下稱「協會」）已獲食物及衛生局確認成為觀塘區及大埔區「地區康健站（District Health Centre Express）」的項目營運機構。觀塘地區康健站日常營運，將交由協會的子機構基督教聯合那打素社康服務（下稱「社康」）負責；大埔地區康健站則由社康，及協會的姊妹機構雅麗氏何妙齡那打素慈善基金會（下稱「基金會」）共同負責。兩個地區康健站預計在本年十月中旬投入服務，相關服務點亦會陸續啟用。

觀塘及大埔地區康健站以醫社合作、公私營協作及地區為本為原則，向服務使用者提供免費或資助的重點基層醫療服務。主要工作包括在區內向市民提供健康推廣和教育、健康風險評估、慢性疾病管理，如糖尿病、高血壓，及肌肉骨骼問題（腰背痛或退化性膝關節炎）等。

觀塘及大埔地區康健站服務內容如下：

預防計劃	服務內容
第一層	舉辦健康講座推廣健康知識及資訊，如飲食及運動班、戒煙輔導等，以預防健康問題。
第二層	<ol style="list-style-type: none">1. 為地區康健站會員提供年度免費健康風險評估，協助他們及早發現高血壓及糖尿病風險。2. 有需要時地區康健站會轉介會員至當區或鄰近地區，參與「醫健通」計劃的協作網絡醫生作進一步診斷。3. 有需要時醫生會在診所內做化驗或測試（視乎規模），或向病人轉介化驗所服務，確定診斷結果。
第三層	獲診斷患上高血壓及糖尿病的會員，有需要時醫生會轉介病人到專職醫療及中醫服務，跟進病情。 地區康健站亦會提供以下服務，改善會員日常活動質素，加強他們自理能力： <ol style="list-style-type: none">1. 病人自強計劃2. 健康指導3. 風險評估及併發症篩查4. 定期檢視病情5. 背痛及膝關節退化篩查

觀塘及大埔區居民只需攜同身份證及住址證明，並登記「醫健通」計劃，便可成為地區康健站會員接受一系列基層醫療服務。

**United Christian Nethersole Community Health Service has become the official operator
for District Health Centre Express in Kwun Tong and Tai Po Districts**

United Christian Medical Service (UCMS) has been granted the legitimacy in operating “District Health Centre Express” in Kwun Tong and Tai Po from Food and Health Bureau. Her subsidiary organisation **United Christian Nethersole Community Health Service (UCN)** will be responsible for the operations for the “Kwun Tong District Health Centre Express”, and will also operate the “Tai Po District Health Centre Express” in collaboration with UCMS sister organisation **Alice Ho Miu Ling Nethersole Charity Foundation (CF)**. The two “District Health Centre Express” are expected to put into service in mid-October this year. Their service points are scheduled to commence services in phases.

“District Health Centre Express” are established with the basis on “Medical-Social-Collaboration”, “Public-Private-Partnership” and “District-based”. They are expected to provide free or subsidised primary healthcare services such as delivering health promotion and education, offering health-risk-factors assessment and chronic disease management for service users with diabetes, hypertension, and musculoskeletal problems (low-back pain or osteoarthritis) etc, in the districts.

Services of “District Health Centre Express” in Kwun Tong and Tai Po are as follows:

<u>Service Level</u>	<u>Service Scopes</u>
Primary	Organise talks and workshops to promote health such as diet and exercising class, smoking cessation counselling etc, to prevent health risks.
Secondary	1. Provide annual health-risk-factors assessment for members to identify risks in hypertension (HT) and diabetes (DM).
	2. Refer members, if necessary, to network doctors enrolled and equipped with “eHealth” system for further diagnosis.
	3. Conduct medical test(s) by a doctor, if necessary, in either clinics (depends on availability) or laboratories by referral to confirm diagnosis.
Tertiary	Confirmed cases with HT and DM will receive allied healthcare and Chinese medicine service with referral from network doctors for follow-up. District Health Centre Express offers following services to enhance members’ situation, reinforcing their self-improvement ability: <ol style="list-style-type: none"> 1. Patient Empowerment Programme 2. Health Coaching 3. Health Risk Assessment and Complication Screening 4. Regular Health Review 5. Low-back Pain and Osteoarthritis Screening

Residents in Kwun Tong and Tai Po shall enjoy the primary healthcare services upon registration with valid Hong Kong ID card and proof of address. Joining “eHealth” is a pre-requisite for membership.