

**Health in Action**

# ANNUAL REPORT

活動年報

2016/17

醫護行者

Health In Action



**Health In Action 醫護行者**



## Health In Action 醫護行者

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Charity listed on  
**WiseGiving**  
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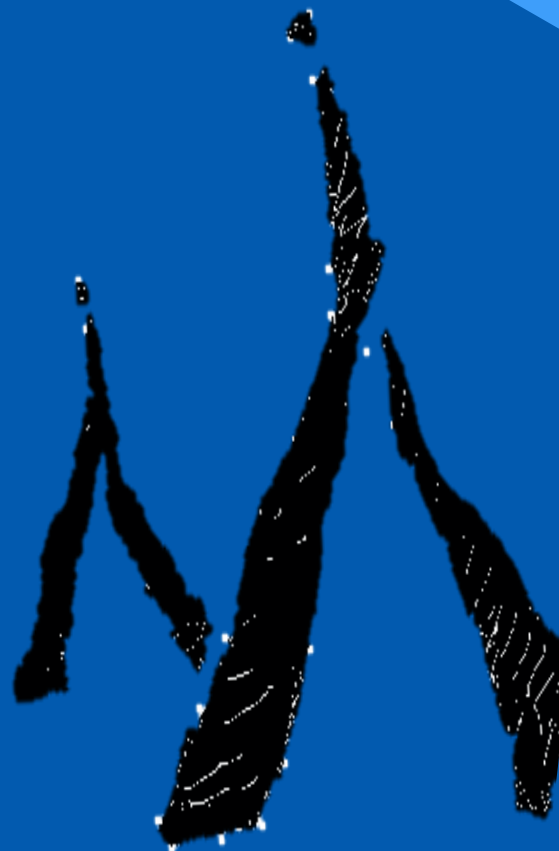


HIA is an Organization in Special  
Consultative Status with the Economic  
and Social Council since 2017.  
自2017年起，醫護行者為聯合國經濟  
及社會理事會之特別諮詢地位成員

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## 目錄





In the past year, Health in Action (HIA) took root in the community, and worked hard to establish mutual trust with different stakeholders, related service groups and individuals in the district so that all units could understand the cause we uphold. We joined hands in carrying out various types of health projects which not only allows effective use of community resources, but also enhances our service penetration in the region.

During our community service, we found that low-income working families lacked the knowledge and ability of primary health management and they have little concept about their right to health. We believe that the root cause of the problem is also related to the lack of policy. Therefore, we hope to strengthen health awareness among low-income working families and help them regain the skills of health management through diversified community projects.

This year, HIA entered another milestone in obtaining Special Consultative Status with the United Nations Economic and Social Council, as well as being an active member in NGO platforms of the Hong Kong Council of Social Service. Through these platforms, we hope to share and discuss with the social welfare sector and international community about our cause --- grass-roots medical care and medical community cooperation, and further extend the impact.

HIA has never forgotten about our founding cause. We remain highly concerned about the humanitarian issues in Hong Kong and South-east Asia. After the severe earthquake in Nepal in 2015, due to the lack of external support in some remote disaster areas, the victims spontaneously formed a local medical team, helping each other to be self-reliant. HIA is invited to participate in training activities, for example, first aid, escorting patients and health education. We seized this opportunity to guide "Medical Outreachers" (an NGO formed by students from two medical schools in Hong Kong) to conduct this overseas humanitarian service and grow the seeds of humanitarianism in the younger generation of medical practitioners.

過去這一年，醫護行者致力紮根社區，努力在區內與不同持份者、相關服務團體和人士建立互信關係，從而讓各單位了解我們秉持的理念。我們攜手開展各種形式的健康項目，不但讓社區資源有效運用，亦令我們在區內的服務滲透率得以提升。

進行社區服務期間，我們發現低收入工作家庭都缺乏基層健康管理的知識和能力，對健康的權利亦一無所知。我們認為問題的根源多少也與政策上的不足有關，因此我們期望透過多元化的社區項目，以加強低收入工作家庭對健康的認知，並協助他們重掌健康管理的技能。

今年醫護行者邁進另一個里程碑，獲得聯合國經濟社會理事會特殊諮詢地位，並積極參與香港社會服務聯會的平台。我們盼望藉由這些平台，與社福界及國際社會分享及討論我們的理念 --- 基層醫療和醫社合作，並將影響力進一步擴大。

醫護行者一直不忘初衷，對香港和東南亞地方的人道問題依然十分關注。2015年尼泊爾發生大地震後，由於部份偏遠災區缺乏外界支援，災民自發組成民間醫療隊，發揮助人自助精神，並邀請我們參予培訓工作例如：急救訓練、運送病人和健康教育等。我們抓緊這次契機，帶領「醫心」（由香港兩間醫學院學生組成的義工隊伍）進行這次海外人道工作，讓人道主義的種子在新一代醫護人員間萌芽成長。

# FOREWORD

## 前言

Fan Ning, Chairman of the Board  
董事會主席 范寧



Founded in 2011 as a Hong Kong-based non-profit organization, Health In Action (HIA) holds humanitarian belief and is highly concerned about the wellbeing of impoverished and underprivileged people in Hong Kong and South East Asia countries. By utilizing the expertise of our team and professional volunteers, we aim to promote sustainable health in the region with a multifaceted approach. HIA is independent of any political, religious and economic interests.

於2011年創立，醫護行者是一個以香港為基地的非牟利組織。我們秉持人道主義信念，極度關注香港及東南亞國家貧困及弱勢人口的生活狀況。我們憑藉團體及專業義工的知識，運用多元策略，推動改善當地人長遠的健康狀況。醫護行者獨立於任何政治、宗教及經濟利益。

# ABOUT HIA

## 認識醫護行者

### Vision 願景

To eliminate health inequity in societies  
消除社會上健康不公平的狀況

### Missions 使命

#### Advocacy 倡議

Advocate for humanitarianism and right-to-health through community-based initiatives  
透過社區為本項目，倡議人道主義及健康人權

#### Empowerment 賦權

Empower underprivileged population by enhancing their health literacy and health ownership  
藉由提升健康識能及對掌控個人健康的認知，給弱勢人口賦權增能

#### System Change 改變制度

Enable the underprivileged to overcome inequitable social and systemic barriers to achieve healthy status  
讓弱勢社群跨越不平等的社會及制度障礙，得到健康



## Core Values 核心價值

HIA adheres to the following core values in our work:  
醫護行者堅守以下核心價值:

### Make Changes 締造改變

We believe there should be structural and conceptual changes to achieve health equity in the society. We aim at making social changes through inspiring action. 我們相信要達至社會健康平權，必須從結構及觀念上作出改變。我們致力透過啟發性的實際行動去帶動社會改變。

### Community Focus 社區為本

We believe in people's potential and capacity. We serve at the community level and work with partners in the community. 我們相信每人皆有其天賦才能。我們社區服務及與社區夥伴一起工作。

### Volunteerism 義工主導

We believe in voluntary actions which do not work for personal benefits. We work with volunteers and value their contribution in our cause. 我們相信不為個人利益的義務工作。我們與義工同行，並珍惜他們為共同理念的付出。

### Sustainable Action 可持續性

We believe that to make positive long term changes, impact of our actions should be sustainable. We review our action not just on its immediate impact, but sustainability of its impact. 我們相信要達到長遠的正面改變，我們的行動必須有持續的影響。在審視我們的行動時，不單着眼於即時成果，更着重於影響的持續性。



## Model for Social Change 社會改變模式

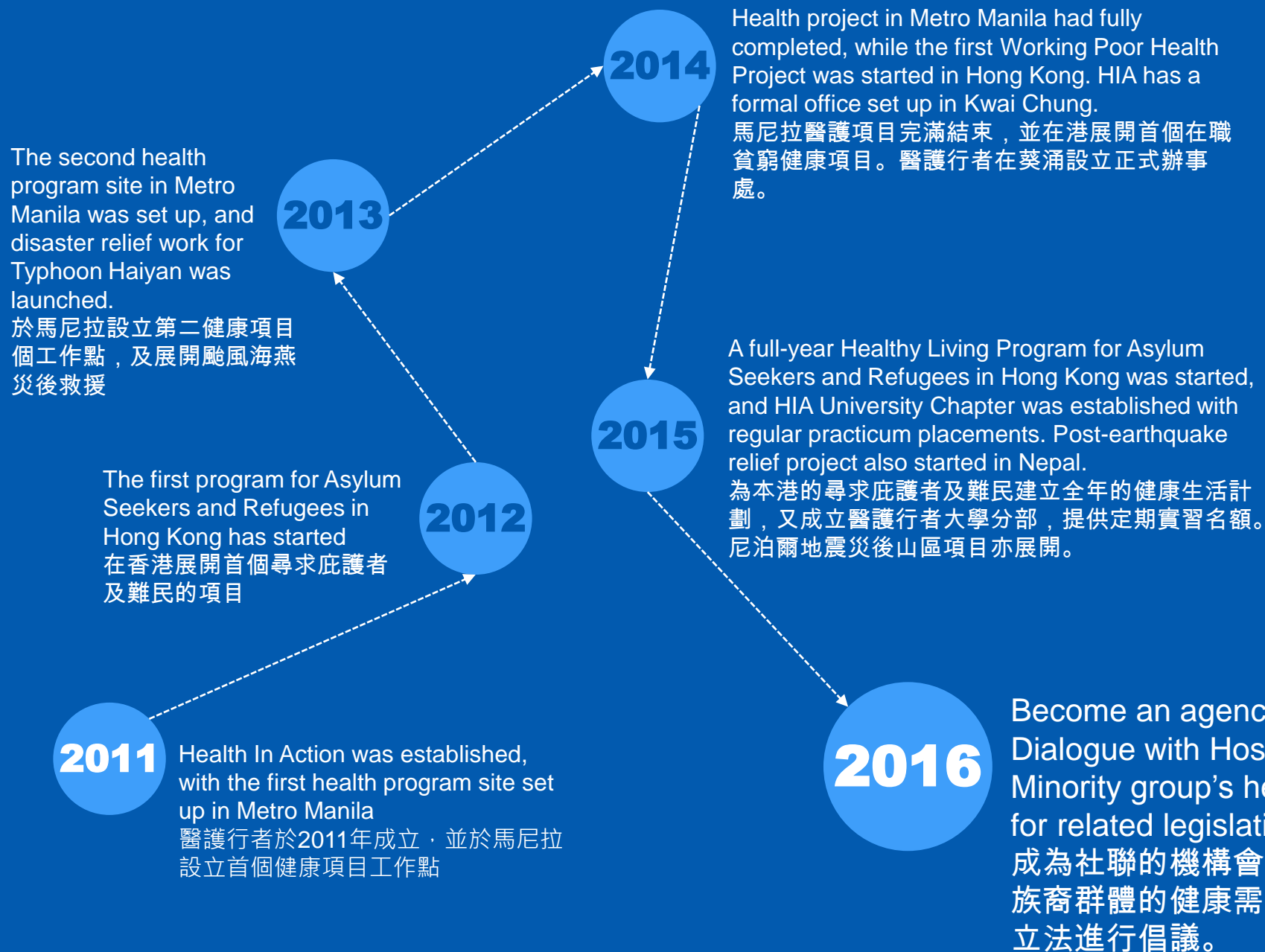
Through a cycle of Service, Research, and Advocacy, HIA strives to drive fundamental social change towards the goal of achieving health equity in Hong Kong

通過服務、研究和倡議，醫護行者努力推動社會的根本轉變，實現達至香港健康公平的目標



# OUR JOURNEY

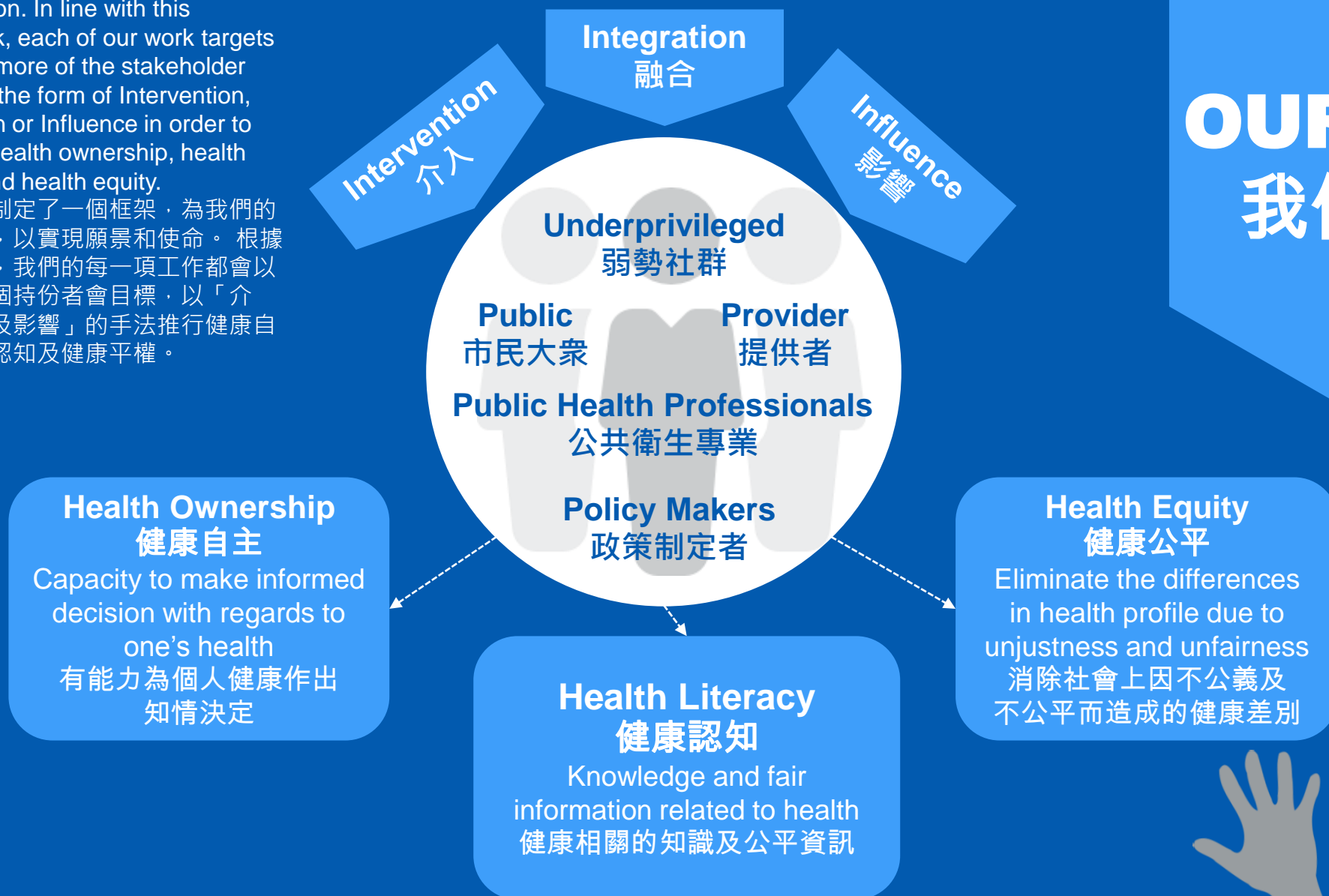
## 我們的歷程





HIA has developed a framework to steer its actions in achieving its vision and mission. In line with this framework, each of our work targets to one or more of the stakeholder groups in the form of Intervention, Integration or Influence in order to promote health ownership, health literacy and health equity.

醫護行者制定了一個框架，為我們的工作導航，以實現願景和使命。根據這個框架，我們的每一項工作都會以一個或多個持份者為目標，以「介入、融合及影響」的手法推行健康自主、健康認知及健康平權。



## OUR WORK 我們的工作



**HONG  
KONG**  
香港

**Working  
Poor  
Families**  
在職貧窮家庭





Multiple factors have contributed to this phenomenon, including little social support from community and government, lack of awareness, knowledge and skills of healthy lifestyle, as well as a suboptimal access to available resources due to a tight working schedule. Failure in maintaining good health results in poor quality of life and a deteriorating work capacity, leading to a vicious cycle.

\* Hong Kong Poverty Situation Report 2016

政府及社區未能提供適當的協助、對醫療健康的知識水平及健康生活方式的認知不足、工作過度繁忙而缺乏資源等都是促成這個狀況的因素。無法維持良好的健康及生活質素，會減低他們的工作能力，形成惡性循環。

總結2015年的葵青區基層健康試驗計劃，醫護行者認為社會應該建立公平的衛生系統及每個人都應獲賦權，承擔個人的健康。為此，我們現正推行為期兩年的「葵青區基層在職家庭健康項目」。



To enrich the participants on their capacity knowledge in health maintenance, as well encouraging the use of public health By doing so, one can avoid the negative disease on life and work, thus, breaking the vicious cycle where the inability to remain healthy leads to a decrease in income. 透過健康教育提升在職低收入家庭維持健康的能力和知識；並推動善用公營健康服務以改善他們的健康狀況，避免或減低因疾病而影響生活及工作，打破「因沒法維持健康而降低謀生能力」的惡性循環。



Kwai Tsing District working poor class and families.

### 葵青區在職低收入人士或其家庭成員

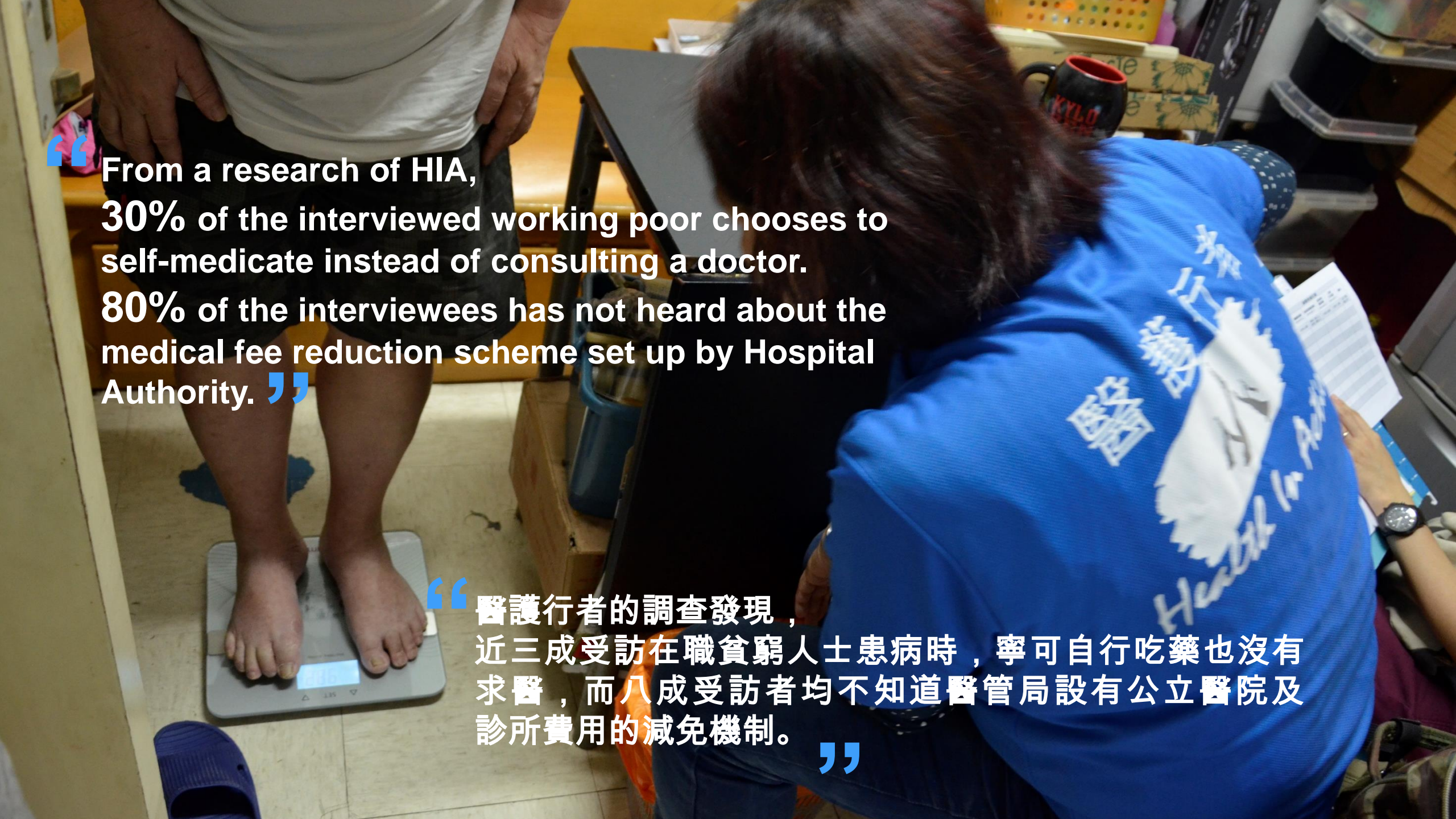


Family health management program, health education, group training and health  
家庭健康管理計劃、健康教育、健康檢查和小組培訓。



Fu Tak Iam Foundation Limited  
傅德蔭基金有限公司



A photograph showing a person's legs and feet standing on a white digital scale. A healthcare worker in a blue shirt with a white logo is leaning over, looking at the scale. The background shows a cluttered room with various items on a table.

“From a research of HIA,  
30% of the interviewed working poor chooses to  
self-medicate instead of consulting a doctor.  
80% of the interviewees has not heard about the  
medical fee reduction scheme set up by Hospital  
Authority.”

“醫護行者的調查發現，  
近三成受訪在職貧窮人士患病時，寧可自行吃藥也沒有  
求醫，而八成受訪者均不知道醫管局設有公立醫院及  
診所費用的減免機制。”



## Activities & Outcomes 活動及成果

### Facilitate Health Access 促進醫療服務使用

1

Served individuals and families through HIA's multidisciplinary and voluntary health team. 透過醫護行者跨專業的義務醫護團隊，為在職低收入人士及其家庭提供服務

21 cases

Medical referrals to public healthcare system  
醫療轉介至公營健康醫療體系

8 cases

Matching Resource  
社區資源配對

11 cases

Medical subsidies granted for timely primary health diagnosis, medical equipment/treatment, etc. 醫療資助以及時支援基本健康診斷、醫療儀器及治療等

50 cases

WhatsApp and Tel. Health Enquiry  
WhatsApp 及電話健康查詢

2

Focused on 3 major health concerns - risks of cardiovascular diseases, muscle strain and mental health  
集中於三個主要健康問題 - 心血管疾病風險，肌肉勞損和心理健康

14 sessions

Health screening for 228 people  
為228人作基本健康篩查

75 people

Cardiovascular risk blood test for working poor  
基層在職人士進行心血管風險抽血檢查

14 sessions

Health Talk/workshop attended by 245 people  
共245人參與健康講座/工作坊

### Health Screening & Support 健康篩查及支援

## Impact 影響

1,537



Total headcount of beneficiary served  
服務人次總數

586



Total number of families served  
服務家庭總數

According to the feedback collected, the project has helped reduce the sense of helplessness and stress level among the Working Poor Families.

Beneficiaries found that the medical referral and resource matching very helpful. Also, the participants were given the opportunities to learn about how to manage one's own health and apply preventive care. This leads to an improvement in their overall health status.

根據項目收集到的意見，項目有助在職貧窮家庭減輕無助感和壓力水平。

受惠人表示醫療轉介和社區資源配對非常有幫助。此外，參與者有機會學習如何管理個人健康以預防患病，令整體健康狀況有所改善。





## Activities & Outcomes 活動及成果

### Health Empowerment 健康賦權

3

Developed capacity and peer support to empower the service target to maintain healthy lifestyle  
培養服務對象的能力及朋輩支持，讓他們得以維持健康的生活方式

5  
Groups

Health training group on Healthy eating, Fitness, Wellness and Health Ambassador

培訓小組，內容包括：營養飲食、健體運動、身心健康、健康大使培育

16  
times

Roadshow on health awareness and handling skills  
健康資訊及健康知識推廣活動

January  
1

Family Health Management Program established in Jan 2017  
家庭健康管理計劃於2017年1月展開

23  
people

Gathering for 23 community volunteers with health knowledge sharing  
社區義工聚會及健康資訊分享，共23人參與

4

### Health Care & Consultation 健康護理及問診

Provided high quality health care and consultation by HIA  
由醫護行者提供高質素的醫療保健和諮詢服務



Applied clinic operating system for client record management, and also registered Electronic Health Record Sharing System for retrieving health records of clients

採用電子病歷系統管理病人資料；註冊電子醫療紀錄互通系統以方便查找病人的健康紀錄

## Impact 影響

### Impact Multiplied Through a Family Approach

Many health issues are closely related to living environment, habits and genetic. Hence, instead of helping only an individual case, HIA extend the services to the family as family members living together are likely to have the same health issue.

This not only help bring in multiplier effect to the project, but also help to reach the hidden cases focusing in the male group, who are generally less proactive in seeking help.

Family model is more sustainable as a platform for building a health management network in the community. Beneficiaries could be trained as volunteers, and help their neighbor and community, further multiplying the impacts.

### 家庭為本 影響倍增

許多健康問題與生活環境、習慣和遺傳密切相關，同住的家庭成員往往有相同的健康問題。因此，醫護行者不只協助個人，而是把服務延伸至家庭。

這不僅有助於為項目帶來事半功倍的效果，而且有助於發掘隱微個案，接觸一批不主動尋求協助的人士。

另外，家庭為本的服務模式更具可持續性，有助建立社區健康管理網絡的平台。受益人可以接受志願者的培訓，幫助鄰居和社區，進一步增加影響。



## Family Health Management Program 家庭健康管理計劃

Family Health Management Program is one of the most emphasized sub-program of our working poor targeted Healthy Living Project in Kwai Tsing District.

The program targets working poor participants or their family members who are early diagnosed with or who have **either high blood glucose, hypertension or high cholesterol** and are ready to improve his or her condition.

Each participating family is assigned one volunteer health professional for follow-up, a health management scheme is formulated and exercised depending on the situation of the family. Family visits are made to elevate health assessment as well as to enhance self-healthcare and community training sessions. Phone calls and Messages are sent to keep in touch with the participants for further follow-up action. During the program, health equipment is also available for borrowing or subsidies for health monitoring.



家庭健康管理計劃屬葵青區基層在職家庭健康項目的重點服務之一。

計劃對象為初期確診或患有最少一項三高(即高血壓、高血糖和高血脂)的人士，以及有意改善或管理病情的葵青區在職低收入人士或其家庭成員。

每個參與家庭均獲安排一位義務醫護人員跟進，按該家庭情況制訂及執行健康管理計劃，透過家訪進行健康估評及教育、介紹相關健康主題講座 / 小組培訓及電話 / 短訊作持續跟進。計劃期間，參加者可獲資助或借用醫療設備以持續監察健康。







**HONG  
KONG**  
香港

**Ethnic  
Minorities**  
少數族裔人士





## Healthy Living Program for Ethnic Minorities 少數族裔健康項目

According to the 2016 Population By-census, ethnic minorities (EM) constitute 8% (approx. 584,383) of the Hong Kong population. This number is on the rise, including the EM population aged 65 or above, which has increased by 108% between 2006 -2016.

The right to public healthcare is implied in the Basic Law of Hong Kong, where all Hong Kong residents are entitled to equal access to it, regardless of their socioeconomic status, race or religion. Hong Kong's international legal obligations also require that public services be made available to all as a matter of equal right and opportunity, regardless of language, race or other unreasonable distinctions or limitations.

Although with the laws to protect the right to health for EM in Hong Kong, they struggle to have equal access to healthcare services due to language, cultural and religious barriers in such settings, as well as experience discrimination on the grounds of race, immigration status, and nationality. For instance, the lack of access to materials in a language they can understand deprives ethnic minorities of access to essential information on public healthcare services in Hong Kong and more importantly, their right to receive such services.

根據2016年中期人口統計結果，少數族裔佔香港人口約8%（大概584,383人口），並持續上升趨勢。同時，65歲或以上的人口亦在2006至2016年間飆升108%。

健康人權在香港基本法內呈現，所有香港居民不論經濟、種族、宗教等因素均應該得到取得醫療服務的平等機會。香港所簽訂的國際公約亦要求本地政府為所有居民提供平等的人權保障及機會。

但在這個前提下，香港的部分少數族裔仍然在尋求醫療服務時遇上重重困難，例如語言、文化、宗教等因素，更有部分遭受歧視。其中，缺乏語言及文化合適的公共醫療健康資訊就是妨礙少數族裔獲得健康平權的例子之一。



▲ Trained members from the ethnic minority group assisted in the health screening for Nepalese elderly. 已接受培訓的少數族裔成員協助為尼泊爾老年人進行的健康篩查。



### Project Aims 項目目的

To promote social equity for EM empowering them to maintain good health.

提倡社會公正對待少數族裔，並透過自強計劃令他們擁有良好的健康。



### Project Target 對象

Ethnic Minorities in Hong Kong  
在港少數族裔人士或其家庭成員



### Service Item 項目內容

Provide appropriate health health right education, research and advocacy.

提供合適的健康資訊、有關健康權利的教育、研究、倡議。



### Sponsor 贊助

The Hongkong Bank Foundation  
滙豐銀行慈善基金  
Operation Santa Claus  
愛心聖誕大行動



## Activities & Outcomes 活動及成果

### Health Education & Chronic Illness Screening 健康教育及慢性疾病篩查

Conducted health education workshop on chronic condition management and health access information with individual health consultations  
舉辦慢性疾病管理和健康信息教育工作坊，及提供個別健康諮詢

553 people

553 ethnic minorities attended integrated health education and screening sessions on chronic illness, healthy eating, healthy living and other topics on medication management, women's health, etc  
553少數族裔人士參加了有關慢性疾病、健康飲食、健康生活，和其他主題包括藥物管理、婦女健康等的健康教育和篩查



Monthly gathering to engage ethnic minority housewives for sharing health information whilst children are in support lessons  
每月舉行一次聚會，讓少數族裔家庭主婦分享健康信息，同時讓兒童參與輔導課



Another 160 people attended health education session, while 340 people attended BMI, blood pressure and blood sugar screening, including individual consultations on health management, self-monitoring and local health access  
共有160人參加了健康教育工作坊，340人參加了體重指數、血壓和血糖篩查，與個人健康管理、自我監測和本地醫療服務使用

2

### Train-the-Trainer 社區導師培訓

Empowered community members to conduct health promotion to the ethnic minority community through enhancing their skills, awareness, and local health resources. 提升社區成員的技能、意識和本地衛生資源，以幫助他們於少數族裔社群進行健康推廣

13 sessions

Training on cardiovascular risk and basic health screening was held for 33 people, mainly women and youth from the ethnic minorities community  
共有33名主要來自少數族裔社區的婦女和青年參與了心血管風險和基礎健康檢查培訓

3 sessions

Medical interpreter training was held for other organizations that serve ethnic minorities  
為其他服務少數族裔的機構舉辦醫療翻譯培訓

## Impact 影響

Beneficiaries & Partners 受惠人士及夥伴

1,445



#### Direct Beneficiaries

直接受惠人士  
Including a number of different ethnicity e.g. Pakistani, Nepali, Indian, Indonesian, Filipino, and mostly middle-aged female  
包括多個不同種族，例如 巴基斯坦裔、尼泊爾裔、印度裔、印尼裔、菲律賓裔，而當中參與的多為中年女性

5,000



#### Indirect Beneficiaries

間接受惠人士  
Including the direct beneficiaries' community, e.g. friends, family members, who receive the health information from them  
包括直接受惠人的社區，例如從他們獲取健康信息的朋友、家人等

22



#### Partners

夥伴  
Engaged partners from community service centers, self-help groups, universities, etc. to take part in activities and become advocacy to promote health and health access to their community  
結合來自社區服務中心、自助團體、大學等夥伴，參與活動並成為倡導者，在屬社區進行健康及醫療服務使用推廣



## Activities & Outcomes 活動及成果

### Cultural Sensitivity Training for Healthcare Professionals 醫療專業人員文化敏感度培訓

3

Enhance healthcare professionals' awareness of how cultural difference contribute to healthcare disparities, and introduce the concept of holistic nature of health and health equity  
提高醫療專業人員的意識，讓他們了解文化差異如何導致醫護差距，並介紹整全健康和健康平權的概念

72 people

5 sessions of cultural sensitivity training was organized and attended by 72 healthcare professionals. Topics like special dietary practices of different religions, cultural barriers to health access were introduced  
為72位醫療專業人員舉辦了5場文化敏感度培訓，介紹了不同宗教的特殊飲食習慣、因文化差異而造成的醫療服務使用障礙等

4

### Advocacy for Policy and System Changes 倡議政策和制度改變

Advocate to authorities/health providers for policy and system changes to achieve health equity for ethnic minority  
倡議政府/醫護服務提供者改變政策和制度，以實現少數族裔的健康平權

6 lawmaker

Met with 6 Legislative Council lawmakers to raise concerns about the issues of health equity for ethnic minorities.  
與6位立法會議員會面，就少數族裔的健康公平問題表示關注。

1

Wrote a submissions to Legislative Council and spoke a public hearing to raise concerns on social determinants of health for ethnic minorities.  
向立法會提交了意見書，並發表了一場公開聽證會，以引起各界關注影響少數族裔健康問題的社會決定因素。





# Healthy Living Project (HLP) For Asylum Seekers/Refugees

## 難民及尋求庇護者健康生活項目

Asylum seekers and refugees (ASRs) have limited rights in Hong Kong and they are a group of marginalized and ignored population. Due to the backlog of the screening process, it is not unusual for an ASR to stay in Hong Kong for years, some of them have stayed in Hong Kong for over ten years.

They are prohibited to engage in any form of businesses or jobs, except rare exceptions. During the lengthy screening process and long waiting time, ASRs can only live under limited government and NGO subsidies. In general, ASRs receive only HK\$1,500 a month for housing, HK\$1,200 for food as supermarket coupons, HK\$300 for utilities and HK\$230 for transport.

Despite their long stay, they are often detached from the society and there is little public awareness of their presence in the city.

ASRs are entitled to free basic medical services at public hospitals in Hong Kong. However, experience shows that there are multiple factors hindering their health care access, including cultural differences, language barrier, lack of awareness of health needs and financial constraints. All these impose negative effects on the physical and mental health of ASRs.

身處香港這個國際城市中，難民及尋求庇護人士（簡稱ASRs）是一群被社會邊緣化及遺忘的人，只被賦予有限的權利。由於篩選過程漫長，加上不斷積壓的個案，ASRs待港的時間往往以年計算；一部分的ASRs甚至已待在香港超過十年。

香港在政策上禁止在港ASRs參予任何形式的生意或工作，因此在等待篩選或安置的漫長歲月，他們的生活所需亦只能依靠政府和非政府機構的援助。儘管如此，他們大多跟社會的關係疏離，同時社會大眾亦無視他們的存在。

在香港，ASRs一般可以使用公立醫院的基本醫療服務，並可申請豁免相關費用。可是文化差異、語言障礙、缺乏健康意識及經濟條件限制等因素，造成他們對使用醫療服務的障礙，因而使身心健康帶來負面的影響。



▲ Voluntary psychiatric nurses are delivering Mental Health Self-care Workshop. 義務精神科護士正帶領「精神健康自我保健」工作坊。



### Project Aims 項目目的

To promote social equity for ASRs in Kong through empowering them to maintain good health.

提倡社會公正對待在港難民及尋求庇護者，並透過自強計劃令他們擁有良好的健康。



### Project Target 對象

Asylum Seekers/Refugees in Hong Kong  
在港難民及尋求庇護者



### Service Item 項目內容

Access to health care orientation  
women empowerment program,  
on health needs

醫療服務使用權認知系列、婦女賦權計劃、健康需要研究



### Sponsor 贊助

Hao Ran Foundation  
浩然基金會





# Asylum Seekers & Refugees Facts in a Glance

## 難民及尋求庇護者

An asylum seeker is a person who flees his or her homeland due to fear of persecution for reasons of race, religion, nationality, membership of a particular social group or political opinion. Once recognized by authorities through screening processes, an asylum seeker obtains the refugee status.

尋求庇護者是因害怕遭受迫害而逃離家園的人，出於種族、宗教信仰、國籍、特定社會群體成員或政治見解等原因。一旦通過甄別程序獲得當局的認可，尋求庇護者將獲得難民身份。

### What is Asylum Seeker & Refugee (ASR)? 何謂難民及尋求庇護者？

### 10,000 ASRs 難民及尋求庇護者

By end of 2016, about 10,000 ASRs have registered with the Hong Kong Immigration Department. The lengthy screening process can take up to 10 years, during which the claimants have to repeatedly recall their traumatic experience.

至2016年為止，已在香港入境事務處登記的難民及尋求庇護者約有10,000人。篩選過程漫長，可達十年之久。過程中，申請人需要不斷重覆講述他們創傷的經歷。

The ASRs, who are not permitted to work in Hong Kong, receive HK\$1,500 a month for housing, HK\$1,200 for food as supermarket coupons, HK\$300 for utilities and HK\$230 for transport, which failed to address the basic needs of the group.

難民及尋求庇護者不獲准在港工作，他們只靠每月千五港元的住屋資助、千二港元的食物券、三百港元的水電費及二百三十元的交通資助為生，上述資助並不足照顧他們的基本需要。

### HK\$1,500 Monthly Housing Allowance 每月住屋資助







“ Empathy is a prerequisite for being a healthcare professional. However, if empathy has a limit to certain races, it is no longer genuine. ”

“ 同理心是作為醫護人員的必要條件，可是，如果同理心只限於某個種族，這便不再是真正的同理心。 ”





## Activities & Outcomes 活動及成果

### Nutrition and Healthy Diet 營養和健康飲食

Conduct baseline survey on diet and dental health, provide training, promote oral hygiene and empower participants to make healthy food choices 對飲食和牙齒健康進行基線調查，提供培訓，推廣口腔衛生，並賦權參加者選擇健康的食物



A total of 40 Food Frequency Questionnaires (FFQ) were collected and 8 focus group interviews were completed to understand the nutritional status and dietary patterns 共收回40份食物頻率問卷及完成了8個小組訪談，了解調查對象的營養和飲食狀況



Based on the nutrition research conducted, a series of dietitian cookery classes and workshop were held, and attended by a total of 65 ASRs 跟據調查結果，舉辦營養烹飪班及工作坊，共有65位難民及尋求庇護者參與



10 medical students from HKU & CUHK assisted in the research process/workshop 共有10位香港大學及香港中文大學的醫科學生為研究調查及工作坊提供協助



Dental screening services held for 105 ASRs. 56 cases received follow-up treatment arranged by HIA. A total of 37 dental volunteer participated. 105位難民及尋求庇護者接受牙科檢查服務，當中56位在醫護行者安排下接受轉介治療。共有37位牙科義工參與是次活動。

## 2

### Case Management 個案管理

Conduct public health survey to identify the prevalence of common disease among ASRs, and identify urgent/severe cases for follow-up 進行公共衛生調查，以確定難民及尋求庇護者的常見疾病，及接收緊急/嚴重的個案協助跟進



A total of 129 questionnaires were collected from ASRs to understand the mental and physical health conditions of ASR 共收集了129份調查問卷，以了解難民及尋求庇護者的身心健康狀況



Complete 52 urgent/severe cases for follow-up, due to communication barriers with medical staff, or lack of understanding of ASR entitlement in Hong Kong's healthcare system. 完成52宗緊急/嚴重的跟進個案，主要為與醫務人員的溝通障礙，或對難民及尋求庇護者在香港醫療系統的權利缺乏了解

## Impact 影響

ASR 難民及尋求庇護者

822



Person-times of ASRs received health education services 接受健康教育服務的難民及尋求庇護者人次

383



Person-times of ASRs received health check services 接受健康檢查服務的難民及尋求庇護者人次





## Activities & Outcomes 活動及成果

### Health Awareness & Access to Healthcare Services 健康意識和 獲取醫療服務

3

Conduct health education sessions with basic screening, train health ambassador, and promote appropriate use of healthcare services  
舉辦健康資訊講座、基本健康篩查、培訓健康大使及推廣適當使用醫療服務



Conduct health education workshop, individual health check, and monthly refugee clinic, benefiting a total of 102 ASRs  
舉辦健康教育工作坊、個人健康篩查及每月難民診所，惠及102位難民及尋求庇護者



Two vision screening activities was conducted for 117 ASRs, with cases referred for further follow up check  
舉辦了兩次視力檢查活動，並轉介個案作進一步跟進，惠及117位難民及尋求庇護者



Conduct workshop on access to healthcare services for 91 ASRs  
舉辦獲取醫療保健服務工作坊，共有91位難民及尋求庇護者參與



Launch a 5-month women health empowerment program with 13 health sessions delivered by a group of 16 female ASR, benefiting 108 ASR participants, and with 18 university medical student serving as volunteers  
展開為期5個月的婦女健康賦權計劃，由16名女性難民及尋求庇護者參與並帶領13場健康課程，使108名難民及尋求庇護者受益，並有18名大學醫科生擔任義工

4

### Healthy Living Orientation Booklet 健康生活導向小冊子



Healthcare professional reviewed and updated booklet with timely info  
醫療保健專業人員審閱和更新小冊子，以包括最新資訊



Booklet translated into three more languages - Arabic, Urdu and Swahili  
小冊子翻譯成阿拉伯文、烏爾都語和斯瓦希里語

## Impact 影響

NGOs, Authorities & Frontline Workers  
非牟利機構、政府機關及前線工作者



Over 14 NGOs benefited from training about public healthcare system, enabling them to better direct ASR clients in accessing services.

超過14個非政府組織參與了公共醫療體系的培訓，讓他們更有效指引難民及尋求庇護的病患獲取醫療服務。



Formal reply issued from the HA to HIA, which was the first time local authorities responded to the concerns of the NGO community regarding ASR healthcare rights and entitlements.

醫管局向醫護行者發出正式答覆，這是本地當局首次回應非政府機構群體對難民及尋求庇護者之醫療權利及應享權利的關注。



## Activities & Outcomes 活動及成果

### Advocacy for ASR Access to Health Services 倡議難民及尋求庇護者 獲取健康服務

5

Discuss with authorities, educate front line workers, and promote culture-sensitive medical interpreting services  
與當局討論，教育前線工作人員及推廣關注文化因素的醫療口譯服務



Barriers of ASRs in services access and entitlements were reflected to Hospital Authority, Department of Health, Social Welfare Department  
向醫院管理局、衛生署及社會福利署反映難民及尋求庇護者在獲取健康服務方面的困難及應有之權利



Front line staff sharing sessions on ASR health needs and entitlements were conducted for hospital staff, general out-patient clinic staff and medical social workers. Caritas Medical Centre pilot as the first public hospital. 為醫院員工、普通科門診診所員工和醫務社工等前線工作人員舉行分享會，讓他們加強了解難民及尋求庇護者的健康需求和應享權利。明愛醫院為首間參與的公立醫院



A refresher training is held for over 48 medical interpreters to provide updated medical information and skills to facilitate doctor-patient communication  
為超過48多名醫療翻譯員提供進修培訓，更新醫療資訊，以及促進醫患溝通的技巧

6

### Promotion of Humanitarianism and Social Inclusion 推廣人道主義和 社會共融

Encourage discussion and exchange on the topic of ASR health, enhance awareness of ASR health equity in university, and recruit a team of ASRs and local volunteers.  
鼓勵就難民及尋求庇護者健康議題作討論交流，提高大學生對難民及尋求庇護者健康平權問題的認識，並招攬難民及尋求庇護者和本地人士作義工



3 Master of Public Health students completed their practicum placements at HIA  
3名公共衛生碩士學生在醫護行者完成實習



Organized a two-day community arts festival at Central Pier to commemorate World Refugee Day and raise awareness among the general public. More than 100 participants dropped by, with 39 ASR person-times participated  
在中環碼頭舉辦為期兩天的社區藝術節，以紀念「世界難民日」及提高公眾意識。活動共有超過100人參加，而難民及尋求庇護者方面，共有39人次參與

## Impact 影響

### Volunteers & Public 義工及市民大眾

>60



60 students in the HIA University Chapter and > 50 person-times of university students have organized or led activities for ASRs.  
醫護行者大學分部中有超過60名學生和超過50人次的大學生參與組織或領導難民及尋求庇護者的活動

220



220 person-times of volunteers participated in the health sessions for ASRs, which enhanced their knowledge about the group, and the difficult conditions they are experiencing  
220人次的義工參加了難民及尋求庇護者健康課程，增強了他們對該群體的認識，以及他們遇到的困難

2017



A High School Chapter to promote humanitarianism and right to health is set up by HIA in 2017, to introduce the concepts of social justice and global citizenship to the younger generation.  
2017年，醫護行者設立了高中分部，以促進人道主義和健康權的，向年輕一代介紹社會公義和全球公民的概念



**NEPAL**  
**尼泊爾**

**Earthquake  
Impacted  
Communities**  
**地震受災社區**



## Solukhumbu Operation 索盧坤布行動

In April 2015, the catastrophic earthquake that struck Nepal sparked a series of avalanches especially in areas near Mount Everest, killing over 9,000 people and leaving more than 20,000 people injured. Rescue works have been underway ever since with emergency needed aid committed by the international community. However, long term capacity building work is still lacking. HIA's Solukhumbu Operation 2016 aims to empower local communities and to build up a sustainable disaster response system in Solukhumbu region. The ultimate goal is to help the community to build up a sustainable local emergency response system and primary health care program.

To begin with, a combined Basic First Aid and Psychological First Aid training were delivered to remote mountain villagers, with supply of first aid kits to cover the need of 15 villages in Solukhumbu. The district spans through 20sqkm, from 2,800m to 4,300m, covering more than 1,500 households and more than 6,000 population. HIA's training targeted at local villagers, school teachers and youth in order to empower them with skills on handling emergency conditions.

於2015年4月，災難性的地震襲擊尼泊爾，引發一系列的雪崩，尤其是珠穆朗瑪峰附近的地區，造成超過九千人死亡，超過二萬人受傷。自從緊急援助得到國際社會承諾協助後，救援工作便一直進行。然而，長遠建設工程依然缺乏。醫護行者的2016索盧坤布工作旨在使當地社區在索盧坤布區域建立可持續的應災系統。最終目的為協助社區建立可持續的應急系統和初級健康護理項目。

首先，混合基本救急及心理急救的訓練會提供給偏遠山區的村民，配合能覆蓋索盧坤布十五條村莊的急救包供應，傳遍超過二十平方公里，由2800米至4300米，覆蓋超過1500個家庭，以及超過6000人口。我們的訓練班會針對當地村民、學校教師及青少年，旨在傳授他們處理緊急情況的技巧。



▲ 2015 post-earthquake relief in the Solukhumbu region of Nepal  
2015 年於尼泊爾索盧坤布地區的地震災後救援



### Project Aims 項目目的

To help the community to build up a sustainable local emergency response system and primary health care 協助社區建立可持續的應急系統和初級健康護理項目。



### Project Target 對象

Local villagers, school teachers and 當地村民、學校教師及青少年



### Service Item 項目內容

Basic First Aid and Psychological First training, with supply of first aid kits, participation of medical student volunteers from Hong Kong 基本救急及心理急救的訓練，急救包供應，及香港醫科學生的義務參與



### Sponsor 贊助

Private sponsor & public donation 私人贊助及公眾捐款





## Activities & Outcomes 活動及成果

### Train the Trainer 導師培訓

1

Knowledge transfer through Train-the-Trainers to develop skills on wilderness first aid and community health promotions 通過導師培訓轉移知識，培養荒野急救技能和推廣社區健康

108 people

Through cooperation with local elderly, train-the trainer sessions were conducted for 108 participants including local villagers, Sherpas, teachers and secondary students

透過當地長老協調，醫護行者為108位本地村民、雪巴人、教師及中學生進行導師培訓



Health promotion training on hygiene, infectious disease, care-taking for common illness, and demystifying common misconceptions were conducted 進行健康推廣培訓，針對衛生、傳染病、常見疾病照顧及解構普遍健康迷思

35 students

Over 35 medical students in Hong Kong volunteering for the Medical Outreachers were coached for the program

逾35名於「醫心」擔任義工的香港醫科學生參與了醫護行者為此項目提供的培訓

2

### Maintain Local First Aid System 維護本地急救系統

Partnership with local hospitals through community based health model to enhance sustainability of local first aid system 透過社區為本的醫護模式，與當地醫院建立伙伴關係，提升急救系統的可持續性

11 villages

11 first aid posts were set up in 11 different villages, linking up to two local hospitals, starting a basic emergency community response system 醫護行者在11個村落分別設立了11個急救站，並與當地兩所醫院連成網絡，建立起基本緊急應變系統



Memorandum Of Understanding was signed with Khunde Hospital for supporting and monitoring health education status of villagers 與Khunde醫院簽署諒解備忘錄，以支持和監測當地村民的健康教育狀況

## Impact 影響

50

Trained villagers could retain the skills after 1 year 參與培訓的村民於一年後仍可保留技能



Targeted at the future medical professions of Hong Kong, HIA started the journey to instill humanitarianism and knowledge of global health issues for the group 為提升未來香港的醫療專業人士，醫護行者展開灌輸人道主義和全球健康問題知識的旅程



Health myths in the community were greatly reduced as presented in Annual Conference on Disaster Preparedness and Response 2016 Hong Kong 培訓過後，當地社區中的健康誤解明顯減少，而相關數據亦於2016年香港災難防護應變年會上發布





“ Thank you so much for teaching us the most important topics which leads us to an healthy life. ”

- Local Nepali after completing the Train-The-Trainer program

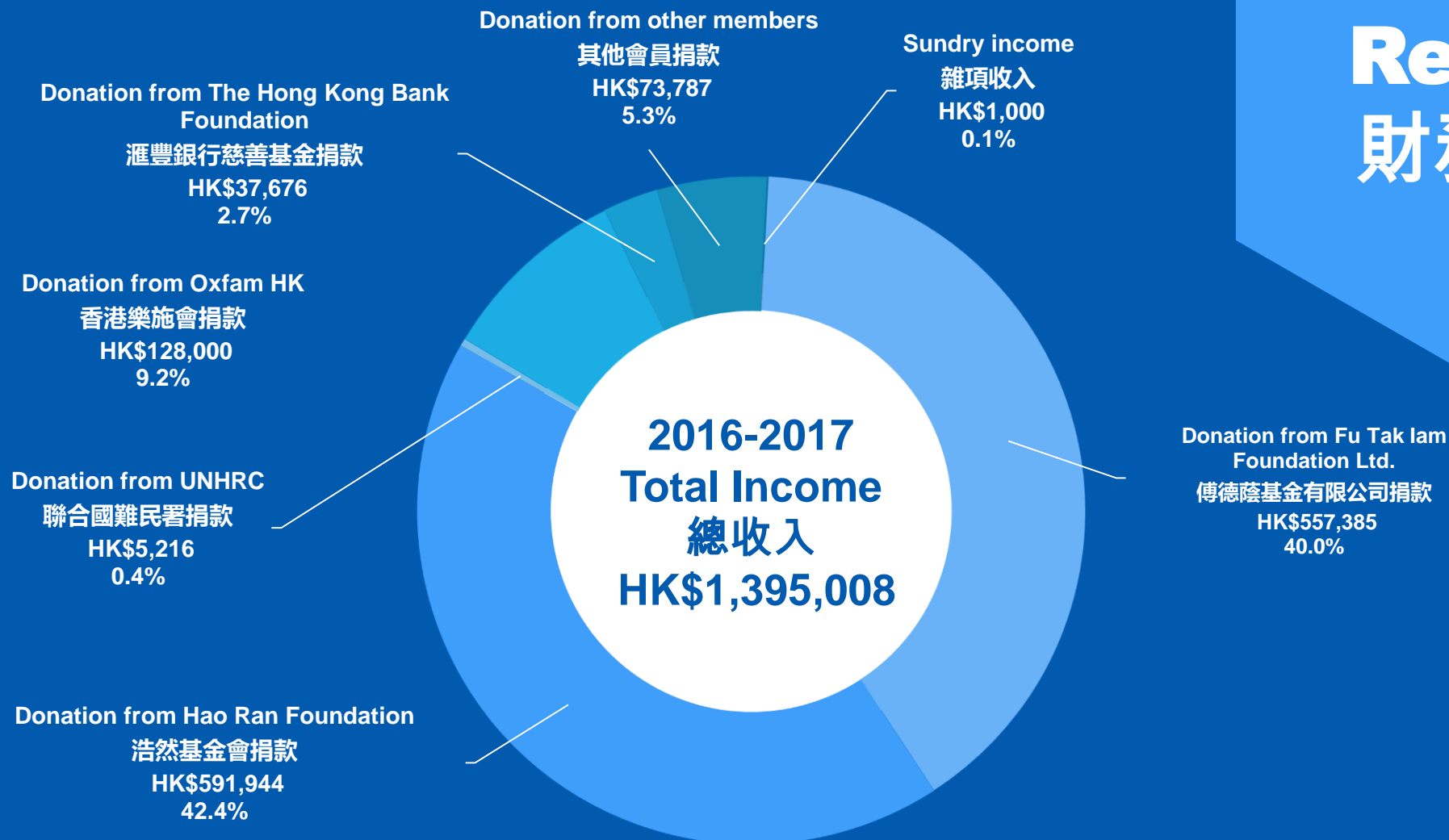
“ 非常感謝你教給我們最重要的課題，幫助我們擁有健康的生活。 ”

- 完成導師培訓計劃後的當地尼泊爾人



## Income 收入

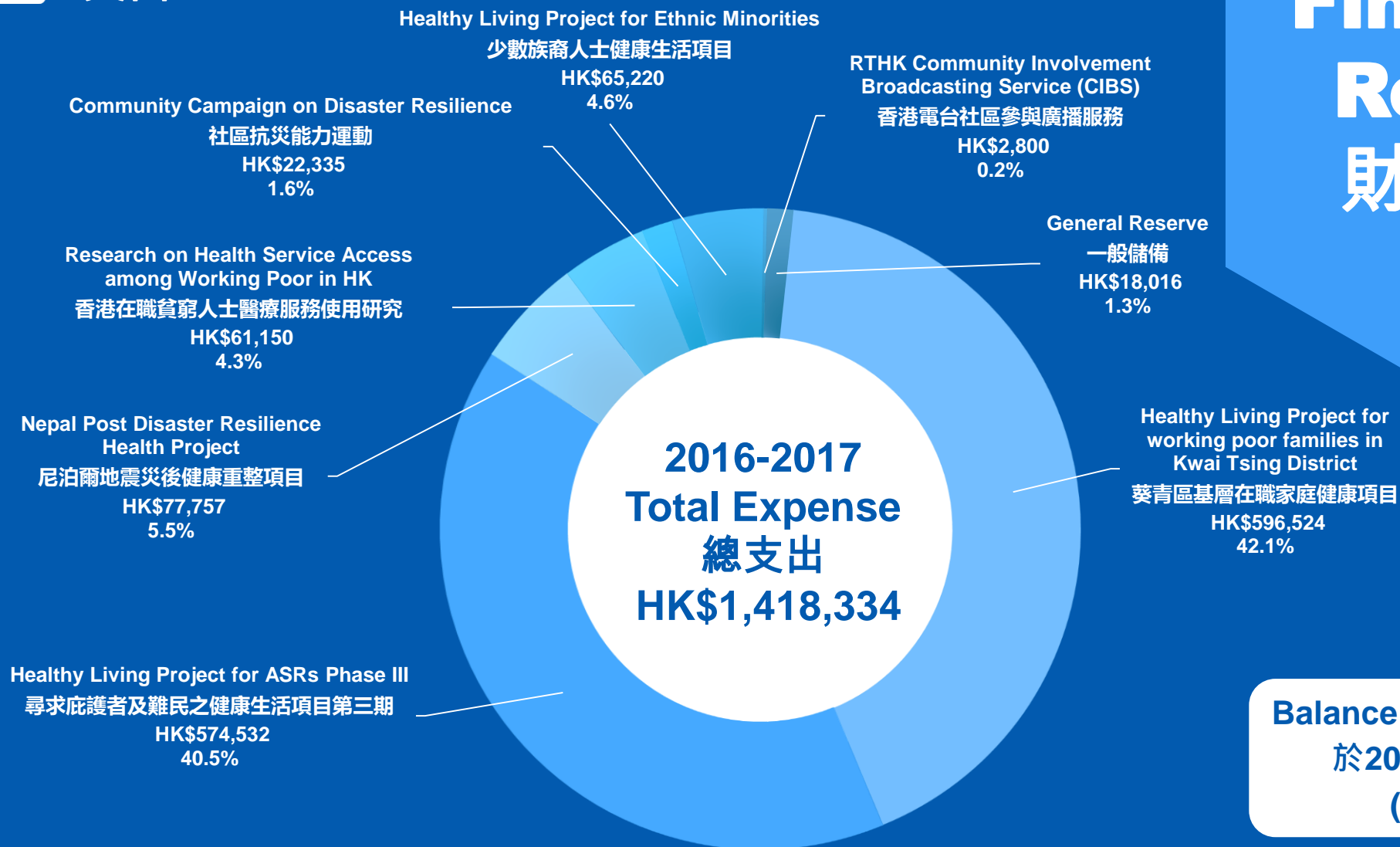
# Financial Report 財務報告





## Expense 支出

# Financial Report 財務報告



**Balance as at 31 March 2017  
於2017年3月31日結餘  
(-HK\$ 23,326)**





## Partner Organizations 協作機構

- Amnesty International Hong Kong 國際特赦組織香港分會
- Chinese University of Hong Kong 香港中文大學
- Christian Action 基督教勵行會
- Crossroads Foundation 國際十字路會
- ELCHK, Login Club For New Arrivals 基督教香港信義會新來港人士樂聚軒
- Food Grace 食德好
- Free To Run
- HKSKH Lady MacLehose Centre 香港聖公會麥理浩夫人中心
- Hong Kong Christian Service 香港基督教服務處
- The Hong Kong Council of Social Service 香港社會服務聯會
- Hong Kong Red Cross 香港紅十字會
- Hong Kong TransLingual Services 香港翻譯通服務
- International Social Service Hong Kong Branch 香港國際社會服務社
- Justice Centre Hong Kong
- Kowloon Union Church 九龍佑寧堂
- Neighbourhood and Worker's Services Centre 街工
- Medical Outreachers 醫心
- PathFinders Hong Kong

- St. Peter & Paul Church 聖伯多祿聖保祿堂
- St. Andrew's Church Kowloon 九龍聖安德烈堂
- Social Ventures Hong Kong 香港社會創投基金
- Sunshine Action 耀陽行動
- Salvation Army Tai Wo Hau Children and Youth Centre 香港紅十字會大窩口青少年中心
- The Evangelical Lutheran Church of Hong Kong 基督教香港信義會
- The Vine Church
- Tsing Yi Town General Outpatient Clinic 青衣市區普通科門診診所
- The Wellness Centre (Kwai Chung) 安泰軒 (葵涌)
- Principal Chan Free Tutorial World 陳校長免費補習天地
- UNHCR Hong Kong 聯合國難民署駐華代表處
- United Christian Nethersole Community Health Service 基督教聯合那打素社康服務
- University of Hong Kong 香港大學
- Yan Chai Hospital Medical Social Service 仁濟醫院醫務社會工作部
- Yan Oi Tong 仁愛堂

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