

# Health in All Health for All

人人健康 健康社會



**ANNUAL REPORT**  
**年度報告**  
**2021/22**



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## ABOUT HEALTH IN ACTION 關於醫護行者



Established in 2011, Health In Action is a registered non-governmental organisation in Hong Kong, comprised of a diversified community team with professionals and public health educators, innovators and volunteers. We champion health equity, and firmly believe everyone has the right to access health regardless of their background. With this belief, we commit to the development of primary care by adopting social-medical integration through holistic social collaboration and practices in our community.

由跨專業團隊、公共衛生專家和關注社區持續發展之人士所組成的醫護行者於2011年成立，是香港註冊非牟利組織。我們的願景是人人健康的社會，我們深信不論職業、貧富、男女、種族、居住環境、教育都有獲得健康的權利。基於這個信念，醫護行者致力以社醫共生模式發展基層醫療，透過與社會各持份者的合作和實踐，共同構建以掌控健康公平為核心的社會。





## VISION AND MISSION 願景和使命



### Advocate Health Equity 倡議健康公平

We commit to promote social justice through the lens of health equity. We believe health is the fundamental human right and everyone can attain their full potential of health. We also hope to optimise the situation and reduce disparities among different groups by increasing the public's access to community health resources and services. Through evidence-based research and social collaborations, we bridge between governmental bodies, academia, civil society and local communities, building constructive opinions to social policy so as to provide holistic support to our beneficiaries.

我們相信健康是每個人的基本權利，包括追求身、心、社交等各方面的健康。我們提倡健康公平以達致社會公義，希望透過改善影響健康的社會性因素，增加公眾獲取社區的健康資源、服務等機會，以減少社會不同人士的差距。透過社會性研究實証、社區參與式創新模型，以解決根本性問題為目標之跨界別夥伴協作，推動政策新思維及改變。我們亦為社會上不同持份者間建立溝通橋樑，包括政府機構、學術界、社會各界團體及區內人士等，提供有建設性的意見及支援各界所需。



## Foster Health-based Community Development

### 推動以健康為核心的社區發展

We commit to drive positive social changes by improving social determining factors, not limited to general societal conditions, community networks and individual lifestyle changes. We develop a localised ecosystem with the engagement of our neighborhoods, businesses, extensive social organisations, and institutions. We hope to bring a positive impact on the environment by co-creating healthy lifestyles with clients in our community in a sustainable way. With the establishment of Kwai Tsing Health Management Hub in 2018, we become the community health ambassador to strengthen health knowledge and enhance physical and mental status of underprivileged communities, including low-income individuals, families, and ethnic minorities. We promote and empower the citizens, individuals and their families to manage their health in the setting of family, workplace, schools and community.

我們致力為社區帶來正面影響，除了改善影響健康的社會性因素，更推動社區及個人生活提升及保持健康為核心的改變。我們不斷擴展以健康為軸心的生態圈至社區鄰里、商業夥伴、友好機構和學術界等，期望能與不同持份者共同構建健康的生活模式。基於此信念，葵家社康匯於2018年成立，逐漸成為葵青區的「健康守護地」，期望能進一步加強市民的健康知識，個人、家庭、工作空間及學校內外的健康管理。



## Enhance Person-Centered Primary Care 提倡個人化的基層醫療

We commit to advance the current primary care system by providing one-stop person-centered health management to enable health ownership. We leverage our services to meet personalised needs, offering community-setting pharmacy services, allied-health transdisciplinary services and innovative health-based activities. Our diversified team, including pharmacists, physiotherapists, nurses, dietitians or nutritionists, social workers, health coaches, public health officers and community health officers, offers preventive, curative, and ongoing advice to address individual health-related problems.

我們為區內居民提供一站式的個人化健康管理服務，賦予居民自身管理的能力。我們的服務包含社區藥房、跨專業專職醫療服務和多元化身心健康活動等。我們的跨專業團隊包括：藥劑師、物理治療師、護士、營養學家或營養師、社工、健體教練、公共衛生及社區健康專職等，為市民提供預防性及治療性的建議，且持續跟進其狀況，以解決個人健康問題。





Health In Action Community Pharmacy is established in 2019. We strive for advancing the current primary care system in response to the expansion of the older population, relieving hospital burdens in the long run. We aim to enhance the availability, accessibility and affordability of community pharmacy services. By providing clinical medication management and consultation services, we would like to broaden our clients' knowledge of health for better prevention of diseases and self-management of minor ailments and chronic health conditions. Experiencing three years of COVID 19 pandemic in Hong Kong, our primary healthcare pharmacy had provided timely medications, hygiene products and health information to support the public, underprivileged and social sectors to combat all the surges of needs in the local community.

醫護行社區藥房於2019年成立，致力推動基層醫療，回應及支援人口老化及紓緩公營醫療之壓力。我們希望增加社區藥房服務的可用性、可達性和可負擔性。透過提供藥物管理跟諮詢服務，我們期望能夠提升使用者保健知識，讓他們對小病小痛、長期疾病有更高的自我管理跟關注。經歷三年新冠肺炎，醫護行社區藥房及時回應香港市民對自身及家庭健康上的衝擊和需要，將持續提供藥物、醫療衛生用品及適切資訊，守護香港人的健康。







## Foster Knowledge Management and Incubation 推動及傳承健康知識

We admire the power of knowledge in building a better society. In view of that, we actively foster health literacy and build cultural resources in our communities. Through peer collaboration, two-way learning and practice guided by our transdisciplinary team, a symbiotic model is provided in line with contemporary society with evidence.

我們提倡推動及傳承健康知識與社區文化資源歷史。我們的跨專業專職團隊透過同行、雙向學習跟實踐，為受眾提供公共衛生健康知識，讓社區推動健康新文化結合，以實証提供一個符合現代社會運作的共生模式。

We also value intra-professional continuing education. Being the first teaching community pharmacy of the Department of Pharmacology & Pharmacy, the University of Hong Kong, we emphasise on personal and professional development of pharmacists and pharmacy students for better equipping in the profession.

我們重視不同行業內的持續教育。作為香港大學藥理及藥劑學系的首個社區教學藥房，我們強調藥劑師和藥劑學生的個人和專業發展，更好地裝備專業知識。



## CORE VALUES 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 actions.

我們相信要達至社會健康平權，必須從結構及觀念作出改變。我們致力透過地區工作啟發社群、帶動社會正向改變。

### 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.

我們相信人人皆有天賦才能，我們提供社區服務並與社區夥伴合作。



### Volunteerism 義工主導

We do not work for personal benefits. We work with volunteers and value their contributions in our cause.

我們不謀求個人利益，致力從事義務工作。我們與義工同行，重視他們的工作，共同為理念齊足並馳。

### Sustainable action 可持續性

We believe that the impact of our actions should be sustainable in order to induce positive and long-term changes. We assess the impact of our actions not only on its immediate effect but also on its sustainability.

我們相信行動的影響須具持續性，才可為社會帶來長遠待正面改變。回顧過往的行動時，我們不單著重於即時的成果，更著重影響的持續性。





## CHAIRMAN'S WORDS 主席的話



Dr. Ching Tak Kwan, Joyce (Chairman)  
程德君醫生 主席

It's the 10-year anniversary of the Health In Action establishment. Starting from a localised scale at Kwai Chung, we continue to develop into an extensive model with diversified services by our transdisciplinary team. Since everyone has their own interpretations of "Health", it is definitely not an easy task when it comes to practice. I am grateful for having a great team and colleagues, who have the same vision and devote in developing primary healthcare services, this is how "The Hub 2.0" has been set up.

During the fifth wave of COVID-19, we experienced the lockdown of Kwai Chung Estate, a vigorous increasing number of confirmed cases, dine-in services banned after 6pm and more. We received a lot of requests from street cleaners, carers and Kwai Chung citizens regarding how to manage their health conditions. We promptly reacted to their needs by setting up a hotline to address their queries on quarantine arrangement. We also went to Kwai Chung Estate and local areas to distribute anti-epidemic items. By integrating the services provided by our transdisciplinary team, we brought positive influences to the local community and received good feedback from the public including media coverage.



I would like to take this opportunity to thank you for all the generous donations from all of our partners, including masks and protective clothes. It accommodated the urgent needs and relieved the burdens of high-risk groups (especially street cleaners) and underprivileged communities.

In fact, COVID-19 has brought the urgent needs of primary healthcare development. Health In Action has advocated the model of "social-medical integration" into the community in the past years. Under the influence of COVID, we noticed our neighbours were more concerned about their health and lifestyle. Some of them have developed their interests in cooking, which brought a healthier diet to themselves and their families. Many people were also aware of the importance of a healthy body and established a regular exercise schedule. Last but not least, people are used to visiting our community pharmacy for consulting minor ailments. We are empowering their abilities on their own health management during pandemic and their daily routine. I wish all of you good health.

Dr. Ching Tak Kwan, Joyce (Chairman)

醫護行者成立第十年，見證著由葵涌逐步發展至稍具規模，跨專業團隊日漸壯大，不禁有點感慨。何為健康生活空間，各人有不同解讀，實踐起來亦不容易，感激同事間仍然抱持共同信念，願意嘗試共同為推廣基層醫療向前多走幾步，才有了葵家社康匯2.0的出現。

回想起第五波疫情，葵涌邨圍封、疫情數字情景，下午六點後沒有堂食，這些相關的情景相信不少人仍是歷歷在目。當時同事們收到大量居民跟清潔工求助，隨即發揮應變精神，分批在家工作，除了設立支援熱線遙距解答隔離人士及照顧者疑問，其餘同事則向地區人士，尤其是清潔工派發防疫物資，在有限人手下盡做，充份善用跨專職優勢，亦得到各界不少迴響跟媒體關注。

藉此亦想感謝各界物資捐助，無論是輕如口罩、保護衣，相信對得到應急需的高危工作者（特別是清潔工）及基層家庭都是份外重要，不用再擔驚受怕，可以鬆一口氣。

事實上，這次疫情爆發，證明推行基層醫療的逼切性，醫護行者多年以來積極推動社醫共生的概念，香港人懂得疫境自強，可以趁機再加強健康意識。除了在疫情期間學得一手好廚藝，煮得有營養，更可以多關注自身健康，建立運動習慣、習慣善用社區藥房查詢小病小痛，不用再次經歷投束手無策的彷徨日子。祝願大家身體健康。

程德君醫生 主席





## ACCOMPLISHMENTS 服務成效



1672

Total number of members  
會員總數



1195

Number of working poor household  
served(accumulated)  
服務在職低收入家庭



3259

Number of people in Kwai Tsing  
area reached [1]  
葵青區接觸人數 [1]

[1]: During the fifth wave of Covid-19, we continually committed community engagement work following social distancing measures.

[1]: 即使第5波疫情期間，我們在遵守社交距離措施的前提下，持續進行社區參與工作。



3

Number of companies reached  
公司接觸數目



21

Number of restaurants engaged  
餐廳接觸數目



730

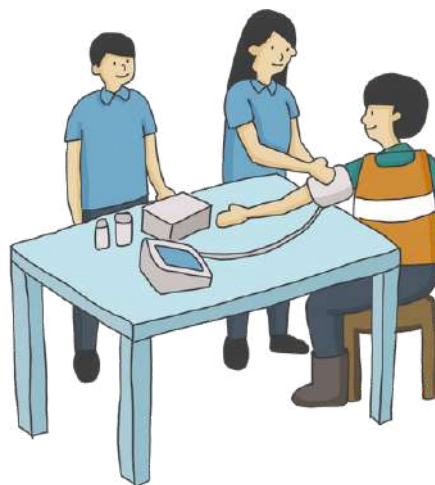
Number of members who  
conducted health screening  
健康評估人數 [2]

During the health screening, we identified some people who were at risk of cardiovascular disease who have never received appropriate and affordable medical examination and follow-up. Therefore, we cooperated with medical institutions to provide blood test services. As of March 2022, we have provided further blood test services to 372 clients at risk of cardiovascular disease. Among them, 30% of the people were diagnosed with at least one of the three high conditions, and received appropriate treatment and follow-up in the early stage of disease due to the diagnosis.

於健康評估中，我們辨識了部分具心血管疾病風險的人士從未接受適宜及可負擔的醫療檢查及跟進，因此，我們與醫療機構合作提供血液化驗服務。截至2022年3月，我們共為372位具心血管疾病風險街坊提供進一步血液化驗服務。當中，有三成人士確診至少一項三高情況，亦因此診斷及早獲的適切治療及跟進。

[2]: Health screening referred to risk assessment on three highs and osteoporosis, obese, chronic diseases evaluation and follow-up on clients' physical and mental well-being. In addition to risk assessment, our services also included reviewing medical and medication records for people with diagnosed chronic diseases, and guided neighbours to understand their own health management needs.

[2]: 健康評估包括三高(高血壓、糖尿病、高膽固醇)、肥胖及骨質疏鬆症的風險評估及診斷，並深入了解個人的生活、興趣和喜好，以便進一步和街坊共同設計身心靈健康實踐方案。我們的服務除了風險評估，亦包括為已確診慢性疾病的人士查閱醫療及用藥記錄，協助街坊了解自己健康管理需要。



22605

Number of community consultations provided [3]  
社區健康諮詢次數 [3]



2415

Attendance of health-related  
workshops  
健康相關工作坊出席人次



2303

Attendance of youth engaged to  
promote health equity  
向青少年推廣健康公平人次

[3]: Consultation above included individual and family health follow-up and medication-related management, community services navigation and resources connection.

[3]: 以上所指的包括個人及家庭健康跟進、藥物管理、社區服務導航及社區資源連結。



## Services on ethnic minority (in Hong Kong) 少數族裔服務 (全港性)



1339

Beneficiaries served 服務人次



114

Case Follow Up 個案跟進



633

Health Screenings 健康評估總數



360430

Social media reach 社交媒體接觸次數





## HIGHLIGHTS OF THE YEARS 我們的歷程

### 2011

- Health In Action was established  
醫護行者於2011年成立

### 2011-2013

- Established with two health management program sites set up in Metro Manila, followed by the first program for Asylum Seekers and Refugees in Hong Kong  
先後於馬尼拉兩個地點開展健康管理項目，以及展開首個尋找身置香港的尋求庇護者及難民的項目



### 2014

- Formal office was set up in Kwai Chung  
在葵涌設立辦事處
- Initiated the first Working Poor Health Project in Hong Kong  
在香港展開首個在職貧窮健康項目





## 2015

- A full-year Health Living Program for Asylum Seekers and Refugees in Hong Kong started  
幫助本港的尋求庇護者及難民建立全年的健康生活計劃
- The post-earthquake relief project started in Nepal  
尼泊爾地震災後山區項目隨即展開

## 2016-2017

- Became an agency member of HKCSS Communicated with Hospital Authority on Ethnic Minority group's health needs and advocated changes in legislation  
成為社聯的機構會員，並與醫院管理局就少數族裔群體的健康需求開展對話，及倡議相關條例的立法
- Received United Nation Special Consultative Status with the Economic and Social Council  
成為聯合國經濟及社會理事會之特別諮詢地位成員
- Started Family Health Management Program in Kwai Tsing area  
於葵青區展開家庭健康管理計劃

## 2018

- Grand opening of Kwai Tsing Community Management Hub  
葵青社區健康管理中心「葵家社康匯」隆重開幕



- Organised first annual Ethnic Minorities Health Symposium and conducted radio programme on promoting health equity  
舉辦首屆少數族裔健康研討會及推廣健康公平的廣播節目

## 2019

- Grand opening of Health In Action Community Pharmacy, Hong Kong's first Authorized Seller of Poisons (ASP) community pharmacy supported by a transdisciplinary team  
全港首間提供跨專業專職服務的社區藥房隆重開幕
- Established mobile clinics in different districts to serve ethnic minorities  
與不同社區伙伴合作，建立流動診所服務少數族裔社群
- CIIF - Social Capital Build Awards  
榮獲社會資本動力獎2019



## 2020

- Alliance with St. James Settlement to develop the Sham Shui Po District Health Center  
與聖雅各福群會合作，獲得深水埗地區健康中心營運服務合約
- Key player in supporting the community during COVID-19 with the provision of health education and resources  
在疫情期間在社區擔當主要的支持者，提供健康教育和資源



## 2021

- Developed new service model for Kwai Tsing Community Health Management Hub 2.0 to integrate community engagement approach in achieving healthy lifestyle  
建立「葵家社康匯2.0」新模式，讓使用者在延展生活空間，透過社區參與進一步實踐健康生活模式



- Health In Action became teaching site of School of Nursing, the University of Hong Kong  
醫護行者成為香港大學護理學院教學夥伴
- Health In Action Community Pharmacy became Teaching Pharmacy of Department of Pharmacology and Pharmacy, the University of Hong Kong  
醫護行社區藥房成為香港大學藥理及藥劑學系的教學藥房





## 2022

- Provision of remote supports and providing protective equipment to our community and partners in response to Fifth Wave of COVID-19  
第五波疫情期間，為社區及合作伙伴提供遙距支援及防疫物資援助
- As a member of Community Pharmacy Working Group under Primary Healthcare Office  
成為基層醫療健康辦事處轄下社區藥房工作小組成員
- Joined as a member of Non-governmental Organization, City Space Architecture, partner of United Nation Habitat ( Dr. Fan, Ning being the representative)  
成為非牟利機構、聯合國人居署伙伴City Space Architecture的會員（范寧醫生作為代表）
- As strategic Partner of Sham Shui Po District Health Centre  
成為深水埗地區康健中心策略伙伴
- Alliance with Caritas to launch the project for residents living in subdivided flats in Central and Western, and Southern Districts with the use of Social Medical Integration approach  
夥拍香港明愛以社醫共生形式展開中、西、南區劏房戶「三房兩廳」項目







# ADVOCATE HEALTH EQUITY 倡議健康公平



## What is Health Equity? 甚麼是健康公平?

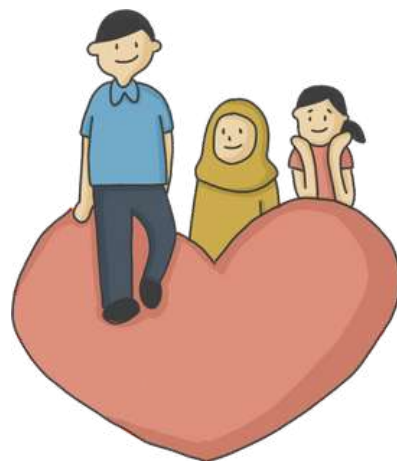


Despite the air ventilation and poor sanitation, residents living in subdivided flats are lack of suitable space for stretching which will affect their physical and mental health in the long term.

除了空氣不流通，衛生環境不理想外，劏房住戶缺乏合適伸展空間，長遠而言將影響身心健康。

“Health Inequities” are the differences in health status and unequal distribution of resources due to institutional injustice. Despite the genetic factors, different people living together should not be affected by the opportunities to obtain health, regardless of the institutional differences in the growth, life, work and ageing process.

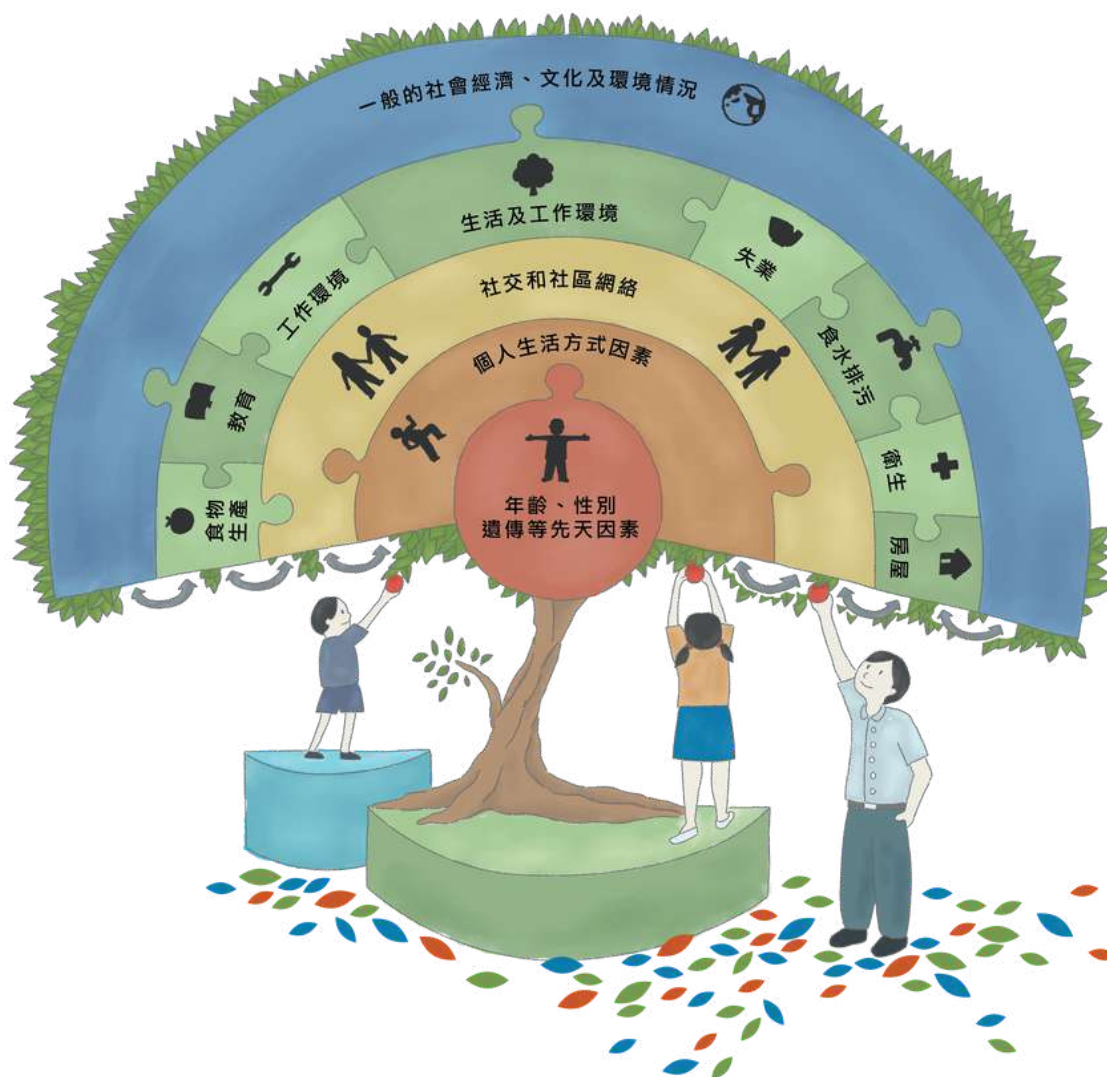
「健康不公平」是指不同群體因制度上不公，而造成健康指標上及擁有健康生活相關資源分配的差異。不同人士在同一社會生活中除了先天性因素外，不應受到制度上的差異而於成長、生活、工作及老化的生路歷程中得不到同等獲取健康的機會。







## Social Determinants of Health(SDH) 社會的健康決定因素



The social determinants of health explain the contributing factors to health inequities - the unfair and avoidable differences in health status in the city. These determinants include the conditions in which people are born, grow, work, live, and age, and a wider set of forces and systems shaping the conditions of daily life.

社會的健康決定因素適用於解釋健康不平等的問題- 城市中不公平和可避免的健康差異。這些因素包括人類的出生環境、成長、工作、生活和年紀，以及構成生活方式的社會系統和其他因素。



## Healthy Society Advocacy 健康社會倡議

Health In Action commits to promote health equity in society. In the past year, we were invited by cross-sector organisations, academic groups to join the health-related discussion, including healthcare policy, healthy city through innovative community model, health equity, social housing, and disease prevention and management. Part of the advices were recorded in various publications and position papers, topics included:

醫護行者致力在社會推動健康公平概念，過去一年獲跨界別機構、學術團體等邀請，在基層醫療政策、創新社區模式建設健康城市、健康公平、社會房屋政策，以及疾病預防及管理範疇，跟不同團體探討政策發展可能性，部分建議獲收錄於各類刊物及意見書：



OUR HONG KONG  
FOUNDATION  
團結香港基金

### Healthcare Policy Research Report "Strategic Purchasing: Enabling Health for All"

醫療政策研究報告  
《實施策略性採購 促全民健康》

Hong Kong Foundation  
團結香港基金



### Final Report: For Planning A Healthy Hong Kong With Smart Solutions

PlanGen Consultancy Services



香港規劃師學會  
THE HONG KONG INSTITUTE OF PLANNERS

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香港規劃師學會





**Proposal for 2022-2023 Budget Proposals  
Proposal for 2021 Policy Address  
《2022-2023年度財政預算案》之建議  
2021年《施政報告》建議書**

The Osteoporosis Primary Care Task Force  
骨質疏鬆基層醫療大聯盟



CUHK INSTITUTE OF HEALTH EQUITY  
香港中文大學健康公平研究所

**Research Report of CUHK Institute of Health Equity  
“Build Back Fairer: Reducing Socioeconomic Inequalities  
in Health in Hong Kong”  
香港中文大學健康公平研究所 研究報告**

The Chinese University of Hong Kong  
Institute of Health Equity  
香港中文大學健康公平研究所



**Volume 527, monthly magazine of The Voice  
第527期月報《松柏之聲》**

St. James' Settlement  
聖雅各福群會



# FOSTER HEALTH- BASED COMMUNITY DEVELOPMENT 推動以擁有健康為 核心的社區發展





## Model for moving towards healthy city 建立健康城市模式

Through the cycle of Service, Research, Incubation and Partnership Engagement, Health In Action strives to transform Hong Kong into a healthy city.

醫護行者透過服務、研究、培育、社康發展伙伴，致力推動香港成為健康城市。



Serve the vulnerable groups that are confronted with health inequity  
服務面對健康不公平的弱勢群體

**Service 服務**



Gather data from the services for further analysis  
從各項服務中搜集數據並進行分析

**Research 研究**



Groom different people to advocate health equity  
醫護行者致力培育不同人士，推動健康公平

**Incubation 培育**



Collaborate with parties to upgrade the shared community health resources  
與不同持分者共同提升社區健康資源共享

**Partnership Engagement 社康發展伙伴**



## Healthy community network in Kwai Tsing area 葵青健康社區網絡

To collaborate with different stakeholders and practically encourage our partners to reach out to the community in order to establish a healthy community network in the Kwai Tsing area.

跟不同持分者互相協作下善用地區資源，以實際行動鼓勵大眾多走入社區，共同在葵青區建立健康社區網絡。



### Restaurant餐廳

To present and execute a healthy eating diet in cooperation with restaurants' owners and chefs in Kwai Chung by encouraging them to use less salt, sugar and oil while cooking.

向葵涌的餐廳老闆及廚師推廣跟落實營養餐單，鼓勵烹調菜式時減少使用鹽油糖。

### Workplace工作空間

To safeguard grassroots workers' (including supermarket store keepers, safeguards, cleaners) by preventing them from work-induced repetitive strain injuries through demonstration of feasible and suitable stretching exercises.

了解基層工作者（如超級市場理貨員、大廈管理員、清潔工）工作引致的肌肉勞損，示範可行、合適的伸展運動。。







## School 學校

To build trust relationships with teachers, parents and students, and encourage them to care about the community and inculcate health values.

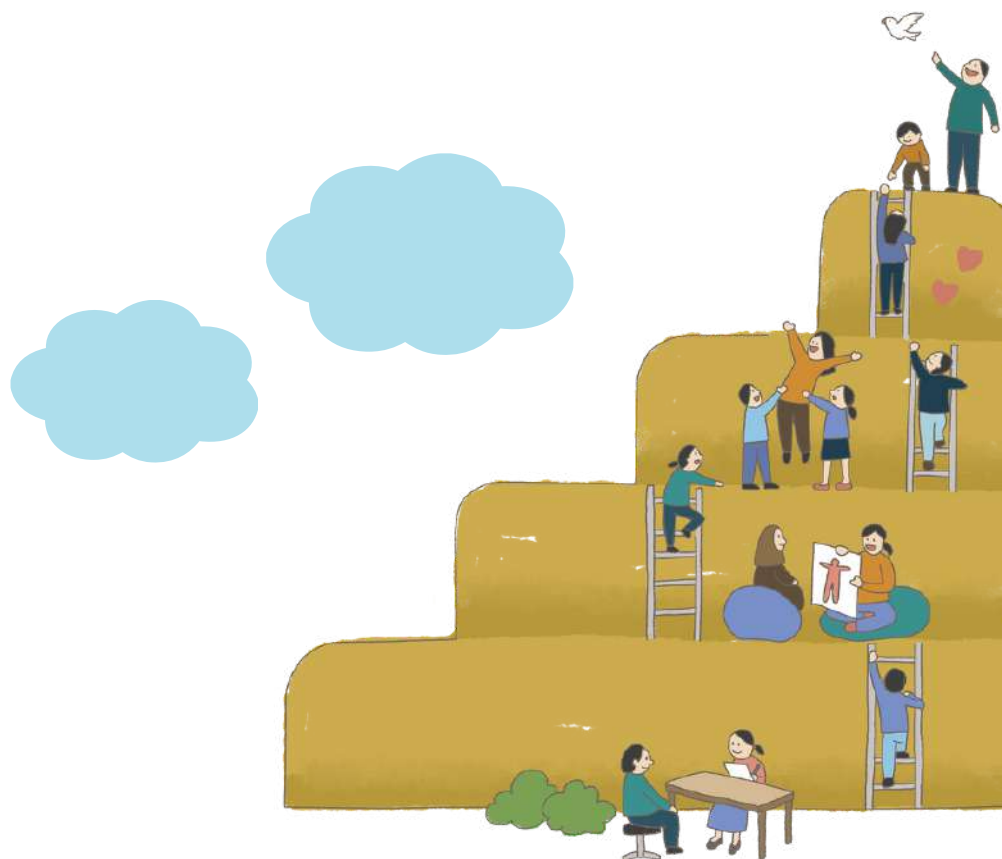
與師生、家長、建立互信關係，勉勵他們多關懷社區的身心健康，灌輸健康價值觀。

## Community group 社區團體

To collaborate with various community parties and offer shared social resources channels.

To work and explore how to strengthen practice of public health with community groups together.

與不同地區伙伴合作，提供共享社會資源渠道，探索如何加強公共衛生實踐。





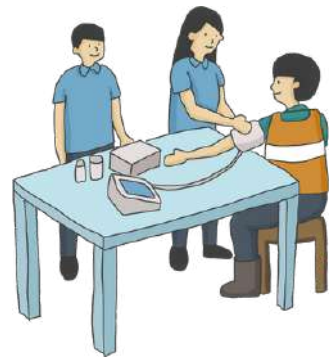
## Kwai Tsing Community Health Management Hub 2.0 葵家社康匯2.0

Promoting “Health in all, health for all”, Kwai Tsing Community Health Management Hub was relocated to a new site in July 2021. It is the first centre to adopt “social-medical integration” in Hong Kong and becomes a pioneering model for primary healthcare in the community. The hub consists of transdisciplinary teams including nurses, pharmacists, physiotherapists, fitness trainers, research fellows on public health, social workers, providing community-based occupational safety and health services.

要推動人人健康，葵家社康匯在2021年7月遷入新址，推行全港首創社醫共生的服務模式，結合社會和醫療服務，進一步成為社區實踐基層醫療的示範點。由跨社醫團隊包括護士、藥劑師、物理治療師、營養師、健體教練、公共衛生研究員、社工，與各街坊一同善用這個生活空間，提供社區為本的職業安全及健康服務。

1

To relieve the healthcare access issues of working poor population  
為在職基層提供保健知識及服務的渠道



2

To enhance health literacy and abilities of health management in working poor population through learning, participation and peer with our team  
在團隊陪同下，透過學習、參與、同行，提高在職貧窮人口的健康素養和健康管理技能



3

To improve and maintain health status of working poor individual and families with limited resources through people-oriented and family-based approaches  
透過以人為本和家庭健康管理的服務方針，為在職低收入人士、資源比較匱乏家庭及其成員提供一站式健康管理服務





# THE HUB 葵家社康匯 2.0

Healthy Living Space 健康生活空間



Pavigym 動感運動空間



RelaZspace 飲食空間







## ROOTED IN THE COMMUNITY RESPONDING TO THE HEALTHCARE NEEDS FROM THE PUBLIC 紮根社區 回應大眾健康需要

Primary healthcare services encourage the public to make good use of the community health resources so as to maintain their health and reduce the dependence on hospitals or clinics. Through continuous engagement with the public, we can quickly respond to the needs of the community and mobilise resources to help our neighbours when facing a public health crisis. During the fifth wave of the epidemic, Health In Action had responded to various health needs in the region with various services.

基層醫療服務鼓勵公眾善用社區健康資源來維持健康，從而減少對公營醫院或診所的依賴。醫護行者藉著恆常接觸大眾，以至在面對公共衛生危機時，能迅速及靈活地回應社區的需要，調動資源協助街坊。在第五波疫情期間，醫護行者一直以各項服務，來回應地區中的各種健康需要。







## FIFTH WAVE OF COVID-19

### 第五波疫情

#### Remote Services for COVID-19 Patients during Quarantine 新冠確診居家遙距支援

In order to provide remote services for those COVID-19 patients who were undergoing quarantine at home, Health In Action Community Pharmacy connected them with our medical-social transdisciplinary team for providing adequate care to the patient and their health carers. It was to maximise the usage of community resources and relieved the instant needs when illness strikes.

由醫護行者社區藥房聯同跨專業團隊為大量家居隔離人士提供遙距支援、提供用藥需知，及照顧確診人士等資訊諮詢，讓確診者可善用社區資源，安心在家中休養。

醫護行者社區藥房 Health In Action Community Pharmacy

**新冠確診居家遙距支援**

喉嚨痛 發燒 咳嗽 流鼻水 腸胃不適

**藥劑師熱線 6618 9212**

健康和用藥支援 照顧自己身邊人

熱線服務時間

| 星期 | 10:30 - 13:00 | 14:00 - 18:00 |
|----|---------------|---------------|
| 一  | 09:00 - 13:00 | 14:00 - 18:00 |
| 二  | 09:00 - 13:00 | 14:00 - 18:00 |
| 三  | 09:00 - 13:00 | 14:00 - 18:00 |
| 四  | 10:30 - 13:00 | 14:00 - 18:00 |
| 五  | 09:00 - 13:00 | 14:00 - 18:00 |
| 六  | 09:00 - 11:00 | 下午僅服務預約       |

假期及公眾假期 休息

服務時間或會更改，恕不另行通知，歡迎查詢電話查詢。

地址：葵青葵昌路54-56號寶昌之鄰901室

WhatsApp 我們



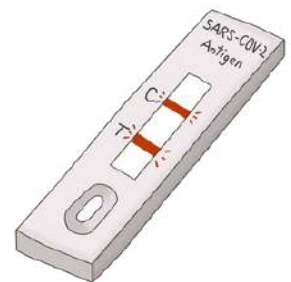
9775

Number of beneficiaries 受惠人數

#### Integrate information and dissemination 整合及發放防疫資訊

Self-care and medication tips were prepared by our transdisciplinary team and disseminated via social media and online workshops to community partners and people who were under quarantine.

由跨專業團隊向居家隔離者、社區伙伴發放疫下居家自救指南等防疫資訊，解答有關確診各種常見疑問，並在社交媒體更新相關資訊。





## Covid preventive measure trainings to Non-governmental Organizations 為社福機構提供疫情知識培訓

By holding preventive services seminars, our transdisciplinary team provided training including covid preventive measures and symptom management to 141 non-governmental organisations in order to empower their abilities in supporting their service targets.

跨專業團隊舉行防疫服務交流會，先後向141間非牟利機構提供防疫知識、症狀處理等培訓，讓他們可以更有信心和能力去支援服務對象。



## Pandemic Survey and Position Paper 疫情圍封強檢調查及立場書

Kwai Chung Estate residents who underwent restriction-testing declarations encountered challenges mentally and physically. Health In Action and Caritas Residents Mutual Help Centre - Kwai Chung conducted a survey regarding the arrangements and its effects on Kwai Chung Estate residents, as well as their living and medical needs and opinions. Health In Action also announced the paper to represent their stands on raising concerns regarding the cleaners who were under high-risk jobs should be properly protected.

葵涌邨居民在第五波疫情期間被圍封強檢，身心靈面對極大挑戰。醫護行者與明愛葵涌居民互助中心，就葵涌邨居民受第五波疫情影響進行調查，了解其生活、醫療需要及意見。我們同時發表立場書，務求大眾關注並確保葵涌清潔工人在高風險的崗位工作得到適當保障。



## Distribution of the protective materials and special medicine delivery services 派發防疫物資及特別送藥服務

We received donated protective materials and re-distributed to the Kwai Tsing working poor families, frontline cleaners and workers during the pandemic. Our community pharmacy collaborated with local non-governmental organisations to provide special medicine delivery services for the patients undergoing quarantine.

收集社會各界捐贈所得的防疫物資，親身或透過合作伙伴派發予葵青區基層家庭、前線清潔人員。社區藥房更與非牟利機構合作，為隔離確診人士提供特別配送服務。



1330

Number of beneficiaries  
受惠人數



## Emergency Relief Fund Programme 及時雨支援計劃

It was our pleasure to receive generous donations from individuals and Health In Action was able to provide one-off emergency grants for affected people and tided over their financial hardship.

醫護行者獲熱心人士的慷慨捐助，推出「及時雨」支援計劃，向第五波疫情期間、經濟拮据的有需要人士提供一次性緊急經濟援助。



389

Support households  
支援家庭

Local :343, Ethnic Minority :46  
本地343 個家庭,少數族裔46個家庭



1395

Number of beneficiaries  
受惠人數





Story 故事

## Mei Ling 美玲

### User of Kwai Tsing Community Health Management Hub 葵家社康匯使用者

"The hub is very comfortable with different spaces for diversified activities. When I am free, I will join the exercise classes or make cookies in the kitchen. My home is not spacious and that's why I come here to try different types of interest classes."

「這裡好舒服，有不同空間做多元化的活動，有空時就來參加運動班，或者在廚房製作曲奇。始終家中沒有那麼大地方，來到這裡就可以嘗試不同類型的興趣班。」







Story 故事

## Ping 阿平

### User of Kwai Tsing Community Health Management Hub

#### 葵家社康匯使用者



"When participating in the family relationship workshop and yoga classes, we meet so many new friends. Social workers also help us to improve our emotional management.

The programme reminds us to love ourselves before our families."

在家庭關係工作坊跟做瑜伽時，除了認識新朋友，有社工會幫我們舒緩精神及情緒各方面的壓力，改善管教小朋友時的情緒管理

計劃提醒了我們要先愛自己，再照顧我們的家庭。



# ENHANCE PERSON-CENTERED PRIMARY CARE 提倡個人化的 基層醫療





## TRANSDISCIPLINARY TEAM SERVICES

### 跨專業團隊服務

## RESPOND TO HEALTH NEEDS IN THE COMMUNITY

### 對應社會健康需要

Health In Action develops a transdisciplinary health team to improve health access for working poor and ethnic minorities in HK. Our health team is composed of nurses, social workers, pharmacists, dietitians, physiotherapists and public health enhance accessibility, availability, and affordability of lower social class.

醫護行者成立了跨專業醫療團隊，以改善香港在職貧窮和少數族裔的醫療服務。藉由護士、社會工作者、藥劑師、營養師、物理治療師、公共衛生工作者組成的健康小組，可以提高較低社會階層的可用性、可負擔性、可達性。





## Physiotherapy 物理治療

The service aims to relieve pain and speed up soft tissue recovery of chronic pain patients. Aside from physiotherapy treatment, the physiotherapists will help to find out the reasons of the chronic pain, instruct strength training exercise and stretching exercise, and advise on preventive methods to reduce risk of injury.

物理治療服務的對象是長期痛症患者，旨在幫助他們舒緩痛症以及促進軟組織修復。除了提供物理治療，物理治療師會探究痛症的成因，教授各種強化肌力運動和伸展運動，並就減輕勞損提出建議。



## Sports Physiotherapy 運動指導治療

Under the instruction of health coaches, participants can join the newly Spanish Pavigym exercise room and self-gym space to establish regular exercise habits and enhance self-care of pain.

新增的西班牙互動運動室，跟自助運動空間，允許使用者在健體教練指導下，進行體適能培訓和運動指導治療，從而建立良好的恆常運動習慣和提倡痛症自理。







## Nurse clinic 護士診所

Operated by registered nurses, the nurse clinic provides healthcare services including cardiovascular disease risk assessment, chronic illness management and minor ailments management, such as flu, gastroenteritis and more. Our nurses are also responsible to coordinate projects with other disciplinary colleagues to cater health needs in the community.



During the annual flu season, our nurses and Health In Action Community Pharmacy will evaluate community needs and provide injections. 250 vaccinations were provided to grassroots people in the community this year.

護士診所由註冊護士主理，提供一系列的健康護理服務包括心血管疾病風險評估、慢性疾病的健康管理和處理「輕微疾病」（如感冒、腸胃炎等），統籌及聯同各專職同事，設計適合社區健康需要的項目。

每一個流感季節，我們和醫護行社區藥房會評估社區需要，以設計疫苗教育及接種服務，為社區提供更全面及價廉的選擇。於本年度，我們為250為區內基層人士提供疫苗接種。



## Community nutrition education and weight management 社區營養教育及體重管理

The dietitian provides diversified nutrition services in promoting a healthy eating habit for better health management through learning nutrition labels and healthy ways to cook home-made meals.

註冊營養師提供多元化服務，增強會員對健康飲食的識能，透過學習營養標籤及家常菜健康煮食方法，將健康飲食帶入家庭之中享用。



## HEALTH IN ACTION COMMUNITY PHARMACIST SERVICES 社區藥劑師服務

### TAKE OWNERSHIP OF YOUR HEALTH 掌握健康自主權

Health In Action Community Pharmacy is established by Health In Action, a non-profitable organisation. Our registered pharmacists offer a wide variety of pharmacy services including medication dispensing and consultation service, minor ailment management service, medication management service, telepharmacy and public education. We aim to enhance the ability of the public in self-managements of health and disease.

醫護行社區藥房由政府註冊非牟利組織醫護行者所設立，並由註冊藥劑師主理，提供社區配藥服務與個人化藥物指導。我們亦會定期進行藥物講座及社區健康教育工作，協助市民善用藥物、提高健康自主及自我管理疾病的能力。





## COMMUNITY PHARMACY SERVICES 社區藥房服務

### Minor Ailment Management

#### 小病小痛管理 - 專業建議 善用非處方治療

Our pharmacists help to safeguard the primary healthcare including minor ailment management, such as colds & flu, intestinal symptoms and more. Pharmacists will give advice for managing minor ailments and dispense appropriate medications for the condition if applicable. If the conditions are severe or complicated, the pharmacists will refer the patient to doctors for further diagnosis and treatments.



針對身體小病痛，如傷風感冒、腸胃不適等症狀，藥劑師會免費提供初步評估和建議，並按需要調配適合的非處方藥物，或按風險評估轉介求醫。

### Medication Management Service

#### 社區藥物管理服務 - 藥你同行 掌握健康自主

Pharmacists will provide free medication assessments and consultations via face-to-face, phone or video conferences. Together with participants and their caregivers, pharmacists will compile a comprehensive and updated medication list. They will also review clients' medication therapy, including the indications, side effect profile and precautions of each drug, as well as to formulate action plans to better self-managed clients' health and medications.

藥劑師透過面對面、電話或視像形式，向長期服藥人士和照顧者提供免費用藥評估及諮詢服務，一起整合藥物紀錄，檢視藥物用途、副作用、用藥技巧，並按個別需要訂立健康和藥物管理計劃。





## COMMUNITY PHARMACY SERVICES 社區藥房服務

### Medical Care Products and Consultation Services

#### 醫療護理用品 - 專業指導 掌握應用技巧

The pharmacy provides a variety of medical care products, including blood pressure monitor, blood glucose monitor, spacer, nutritional products and compression stockings at reasonable price, along with professional consultation services from pharmacists.

售賣多種醫療護理用品，包括血壓計、血糖機、營養奶、吸藥輔助儲霧器、壓力襪等。藥劑師免費提供專業指導，協助使用者掌握應用技巧。

### Medication Dispensing Service and Medication Consultation

#### 社區配藥服務 - 全面用藥指導 知藥用藥

Our pharmacy provides prescription medications, especially self-financed items and non-prescription medications. Pharmacists will help to dispense the right medicine to the help-seekers after a detailed analysis of their health conditions. Meanwhile, medication is provided at a fair-price to alleviate their financial burdens. With the help of e-Health, our pharmacist can provide personalised medical and health suggestions to aid patients and caretakers for a better management of their well-being.



藥劑師會先全面了解求助者情況，判斷其是否有用藥需要才配藥，並以合理價格提供非處方及處方藥物，包括醫院管理局自費藥物；部分藥物設有病人資助計劃，減輕病人經濟負擔。藥劑師會利用醫健通，免費提供個人用藥指導，協助病人和照顧者提升用藥知識和技巧。



## COMMUNITY PHARMACY SERVICES 社區藥房服務

### CONSULTATION SERVICES 諮詢服務



4874

User served  
到訪服務人次



11995

Telepharmacy service  
(including phone and whatsapp)  
電話及WhatsApp諮詢次數



醫護行社區藥房



## Siu Ling & her husband Siu Cheong 小玲及其老公兆昌

Medicine consultation clients

藥物諮詢服務使用者







## Siu Ling & her husband Siu Cheong 小玲及其老公兆昌

### Medicine consultation clients

### 藥物諮詢服務使用者

"The consultation service is good and useful. After asking about my symptoms and medical history, the pharmacist suggested the appropriate calcium tablets as a supplement for osteoporosis while reducing the risk of occurrence of my stomachache.

My husband has age-related macular degeneration and he has been treated for half a year. After taking health products suggested by the pharmacist for three months, the deterioration of his vision has slowed down and his eyes no longer feel dry.

We are used to asking pharmacists' opinions when we feel unwell. We have also recommended others to seek suggestions from pharmacists to ensure medication safety."

「藥房諮詢服務好好，藥劑師了解我病史跟症狀後，建議我挑選食哪種鈣片可以改善骨質疏鬆，同時減少加劇胃痛。

我老公有老年黃斑病變，接受持續半年的治療後亦沒有明顯效果，經藥劑師推介服食保健品三個月後，視力惡化情況減慢，眼部不再感到乾澀。

現在每當我們不舒服都會問他用藥建議，又推介了其他人有疑問時找藥劑師尋求安全用藥意見。」



# FOSTER KNOWLEDGE MANAGEMENT AND INCUBATION 推動及傳承健康知識





## OTHER PROGRAMMES FOR HEALTHY COMMUNITY NETWORK 其他推廣健康社區計劃

### Step Out : from Me to Community 「步觸」社區體驗場 Nourish teenagers with health values 培養青少年健康價值觀

Health In Action engaged youths in Kwai Tsing district to elevate their health knowledge and provided them career skills training. Participants gained experience on designing “fun” fitness, producing videos about healthy cuisine as well as preparing district newspapers. They understood their own values and roles in the community via various activities, and became Health In Action Community Health Youth Ambassadors. We helped to create a medical-social-school support platform to bring positive impacts to our society.

醫護行者為葵青區中學生提供身心健康相關知識分享及職能訓練。透過三季活動，設計健身活動予街坊製作影片介紹區內健康美食、籌辦社區報等，參加者能真實體驗個人成長和價值，由關注個人健康至社區健康，成為醫護行者「社區健康青年大使」，開啟了「醫社校」協作平台。







45

Number of youths engaged  
青少年參加者人數



408

Number of youth participants  
(attendance)  
青少年接觸人次



### Teacher sharing 老師分享

Students were interested in cooking classes and had more opportunities to improve their healthy lifestyle. They were inspired by the local shop owners and start to reflect their ways of life during the workshop.

「幾次的烹飪活動培養了學生煮食興趣，提高他們健康生活意識。在製作社區報過程中，學生跟小店老闆聊天期間，會開始反思自己想過怎樣的生活。」



## KTC Healthy Lifestyle Programme 葵家生活計劃

### Grassroots Families Mutual Aid Platform 基層家庭互助平台

Some people who were unemployed during the covid were subjected to economic and family pressures. We invited 100 grassroots families and provided a platform for supporting each other, aid the families with the food needs, physical and mental health. Empowered individuals with teaching skills and enhanced their knowledge on stress management via activities and workshops. We also helped to build their awareness on personal health and established community relationships to live healthily together.

疫情期間不少人因失業而面臨經濟、家庭等各方面壓力。我們邀請一百個基層家庭，在疫情期間建立一個家庭間彼此支援的平台，支援低收入家庭糧食的需要及身心靈健康。透過不同活動及工作坊，提升他們抗壓能力的技巧及管理，加強關注個人健康，最終透過參與社區活動，重新掌握活得健康的能力。





## SUPPORTING MULTICULTURAL COMMUNITIES 支援多元文化群組

### CROSSING BARRIERS TOGETHER 攜手跨過不同障礙



Limited by the language ability, education level and other conditions, grassroot ethnic minorities find it hard to get health access efficiently. With the idea of implementing health-based development through the lens of cultural diversity, Health In Action aims to promote primary health care to all members of the community. Through our outreach health screening and case management, we hope to establish a healthier lifestyle for Ethnic Minorities. We also hope to empower trainees from health career workshops to spread the knowledge and serve the ethnic minorities community.

基層少數族裔人士受語言能力、學歷等條件所限，未能有效獲得健康資訊。在推動多元文化的前提下，醫護行者實踐健康為本的理念，希望以基層醫療的角度出發，透過外展健康檢查及個案跟進，豐富少數族裔人士日常生活中的健康知識，提升少數族裔人士的健康自主能力並讓學員可於外展健康檢查或興趣小組中服務少數族裔社群，與自己熟悉的群體建立互助網絡。





## Health Information Hub during 5th Wave of COVID 新冠肺炎第五波健康資源平台

Ethnic Minority Team prepared multi-lingual materials on self-care tips and provided the latest news of the pandemic to community members. Multiple health talks had been conducted to the multicultural community including Asylum-Seekers and Refugees.

少數族裔服務隊預備了多種語言的資訊材料，讓街坊能了解新冠肺炎下的自救指南及疫情的最新發展。我們亦進行了數場網上講座予多元文化族群（包括難民及免遣返聲請者），讓他們能掌握最新的疫情資訊。



Info pack 少數族裔資訊包



Useful map 社區資源地圖

## Health Career Workshop 醫護專業生涯工作坊

Health Career Workshop was provided to multicultural youths who were interested in pursuing a career in the healthcare field. The workshop introduced them to an overview of different professions in the healthcare field and allowed them to recognise the health needs of the community. Health Coaches would help to line up different social or medical organisations for providing placement opportunities. Therefore the youths would be able to take the opportunity upon completion of the training.

讓有意投身醫護專業的年青人可以接受相關訓練及裝備，同時探索與醫護相關的不同可能性，可以在不同崗位上改善少數族裔群體的健康。完成工作坊後，醫護行者會協助他們在醫護及社福界別尋找進修或工作機會。





## Health Screening Outreach Services 外展健康普查服務



Health screening on blood pressure, blood glucose, weight and body fat were performed by our colleagues in different districts. Individuals of high risk in cardiovascular disease were spotted. Further follow-up with action plans were implemented in terms of lifestyle modification and case management.

在全港各區進行血壓、血糖、體重及體脂檢查。發現心血管疾病的高危群組，並為他們設計行動計劃以改變生活方式及個案管理。

## Multicultural Annual Symposium 多元文化年度研討會

The theme of the symposium in 2021 was to explore health equity through “upstream” interventions by discussing the career path in the healthcare and social care sectors respectively. We hope to bring breakthrough changes in the current service systems targeting the ethnic minority community and emphasise the role of ethnic minority youths in pursuing health equity.

2021年研討會在九龍清真寺舉行，主題為探討以「上游」介入—探討醫護及社福界別的生涯規劃是否能達致健康公平，推動現有針對少數族裔群體服務體系（包括強制性醫療和法律傳譯服務）的變革，參加者同時能了解多元文化年青人在追求健康公平路上的重要角色。







## MEDIA COVERAGE 媒體報導

### COVID supports 疫情支援



【杏林在線】電話暫時未能接通？  
(Now 新聞)



【社區藥房設諮詢熱線 在線教患者如何自救】  
(有線新聞)

### Projects promotion 計劃推廣



醫護行者 | 機構推健康職涯計劃 冀增少數族裔健康知識  
(Am730)

### Health advocacy 健康倡議



【專訪】醫護行者創辦人范寧醫生點睇健康與環境？  
(小松隊)





## FINANCIAL SUMMARY 財政報告

### Total Income 總收入

**\$15,721,119**

Income for 2021 | 2021 年收入

**\$32,065,057**

Income for 2022 | 2022 年收入

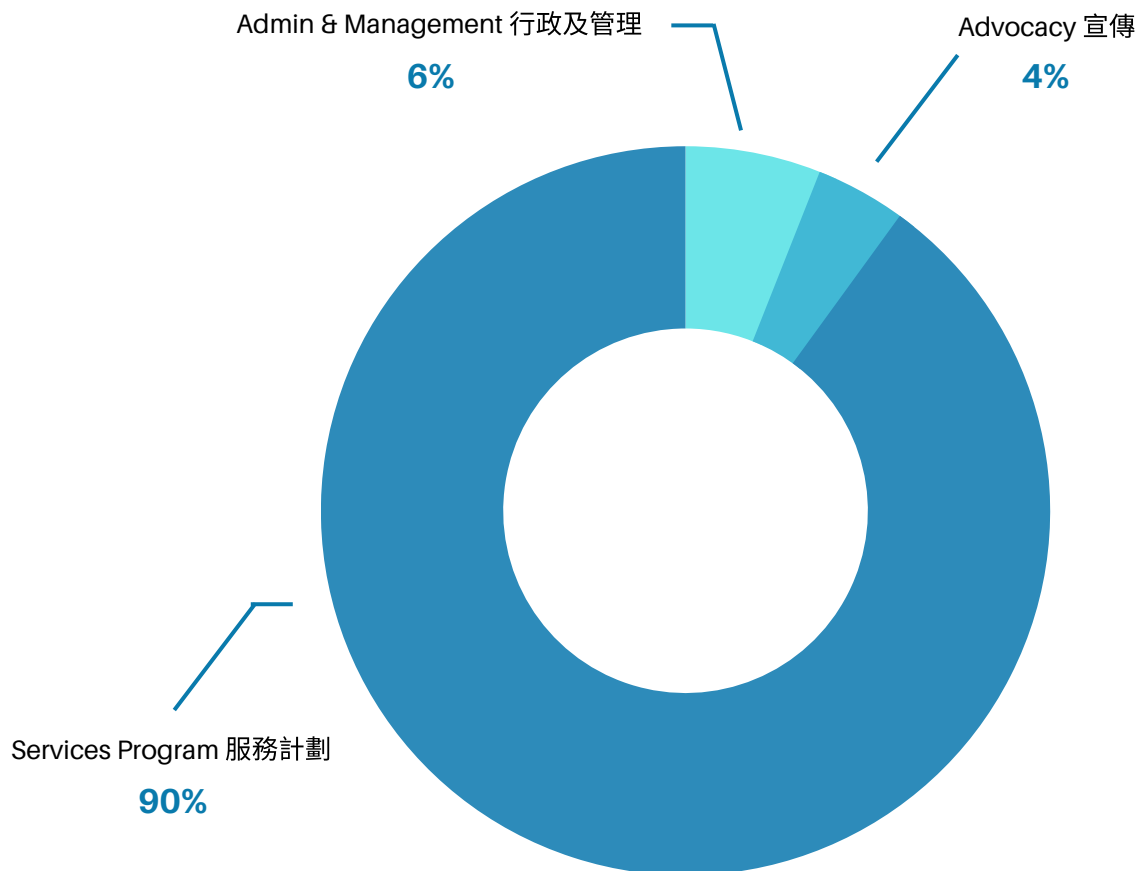
### Total expenditure 總支出

**\$10,577,926**

Expenses for 2021 | 2021 年支出

**\$23,970,357**

Expenses for 2022 | 2022 年支出





## Major donor and supporter 主要捐款人及支持者

Aberdeen Marina Holdings  
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Drs Richard Charles and Esther  
Yewpick Lee Charitable Foundation

The Hongkong Bank  
Foundation

Fu Tak lam Foundation  
Limited

The Hong Kong Club  
Foundation Limited

Kerry Cargo Centre Limited

The Hong Kong Red Cross

Lee Hysan Foundation

The Hong Kong Jockey  
Club Charities Trust

Lee Man Tat and Choi May  
Ling Charitable Foundation

Sai Kung District Community Centre

Lee Kum Lee Family Foundation

ZeShan Foundation



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- Swire Trust 太古基金
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- The Hong Kong Club Foundation Limited (HKCF)
- The Hong Kong Jockey Club Charities Trust 香港賽馬會慈善信託基金
- WYNG Foundation
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- Against Child Abuse (Hong Kong) 防止虐待兒童會 (香港)
- Be Priceless
- CarbonCare InnoLab 低碳想創坊
- Caritas Residents Mutual Help Centre - Kwai Chung 明愛葵涌居民互助中心
- Christian Action - Centre for Refugee 基督教勵行會難民服務中心
- Community Drug Advisory Council 社區藥物教育輔導會
- Community Leap 喜動社區
- Diocesan Pastoral Centre for Workers - Kowloon (Ethnic Minority Services), Catholic Diocese of Hong Kong 天主教香港教區 教區勞工牧民中心 - 九龍 (少數族裔服務)
- EKOBOR 愛高寶
- Happy Ageing Lab 樂齡實驗室
- HKSKH Lady MacLehose Centre 香港聖公會麥理浩夫人中心
- HKTA The Yuen Yuen Institute No.1 Secondary School 香港道教聯合會圓玄學院第一中學
- Hobby HK
- Hong Kong Caritas Youth and Community Service 明愛青少年及社區服務
- Hong Kong Red Cross 香港紅十字會
- Hong Kong Unison 香港融樂會
- Kowloon Mosque 九龍清真寺
- Mokuomo Co.
- New Life Psychiatric Rehabilitation Association 新生精神康復會
- Playright Children's Play Association (Playright) 智樂兒童遊樂協會
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- Stage One Youth Network 新起點青年網絡
- The Hong Kong Council of Social Service 香港社會服務聯會
- The Hong Kong Society for the aged 香港耆康會老人福利會
- The Salvation Army 救世軍
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- CUHK Jockey Club Institute of Ageing 香港中文大學賽馬會老年學研究所
- LKS Faculty of Medicine Department of Pharmacology & Pharmacy 香港大學藥理及藥劑學系
- Social Work Practice and Mental Health Centre, Department of Social Work, HKBU 香港浸會大學社會工作實踐及精神健康中心

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- Health Promotion Branch, Department of Health 衛生署健康促進處
- Hong Kong Council on Smoking and Health 香港吸煙與健康委員會



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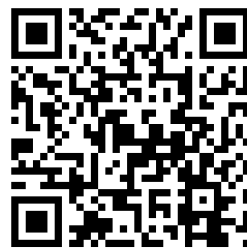
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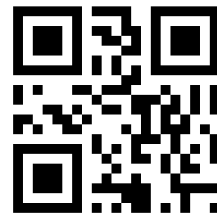
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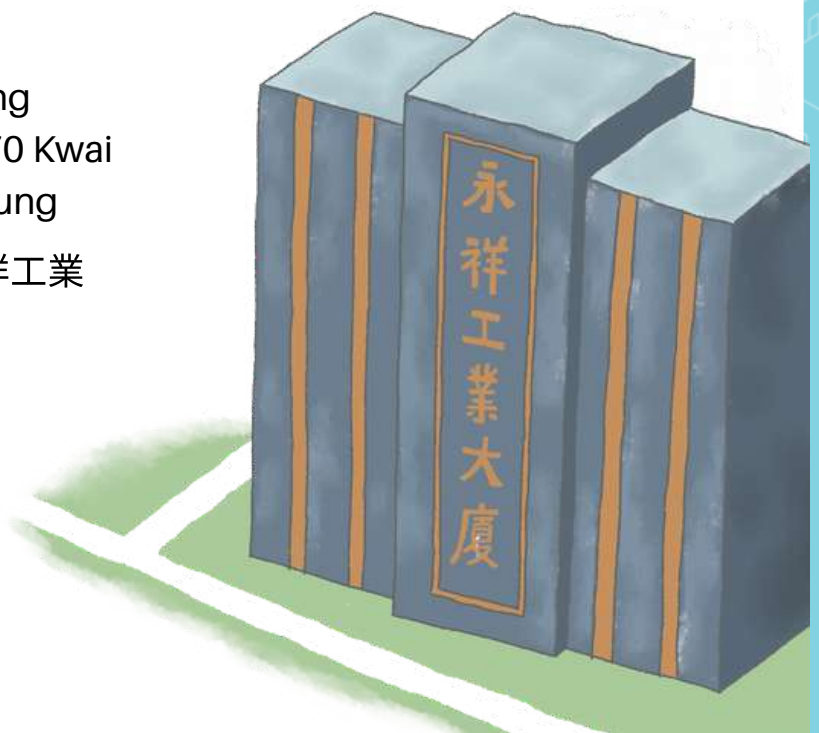
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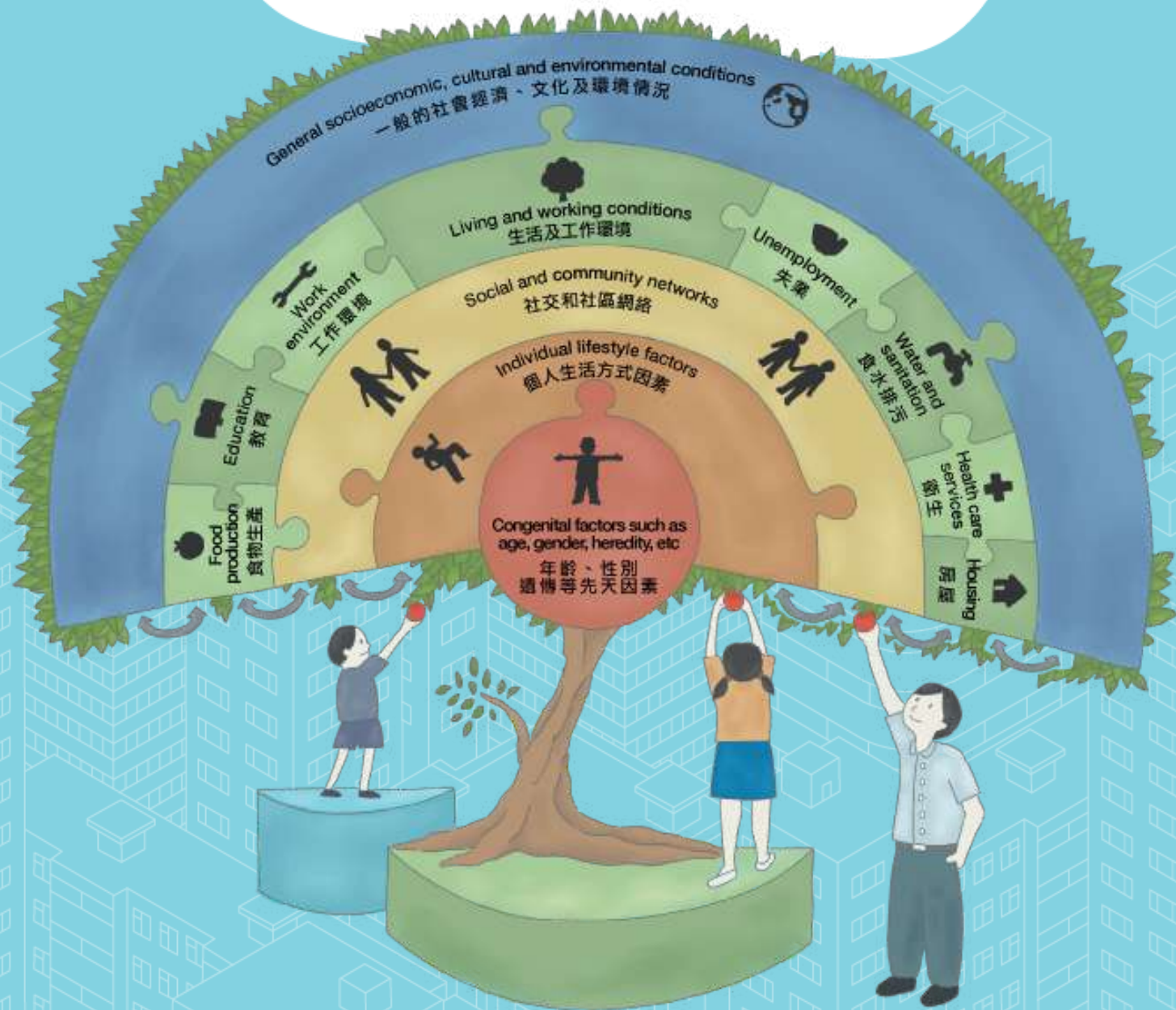
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