

Abstracts of Poster Presentations

Project No.: 02090195

Project Title: Health Enhancement and Pedometer determined Ambulatory (HEPA) Program

Administering Institution: School of Nursing, The University of Hong Kong

Co-organisation(s):

1. Active Health Clinic, Institute of Human Performance, The University of Hong Kong
2. Sheng Kung Hui Welfare Council Ltd - Western District Elderly Community Centre
3. School of Nursing, Vanderbilt University, USA
4. Department of Family Medicine and Primary Care, Li Ka Shing Faculty of Medicine, The University of Hong Kong

Project Team Members:

1. Dr Angela YM LEUNG (Assistant Professor, School of Nursing, The University of Hong Kong)
2. Dr Michael A TSE (Assistant Director, Institute of Human Performance, The University of Hong Kong)
3. Mr WC SHUM (ex-District Director, Sheng Kung Hui Western District Elderly Community Centre)
4. Prof Jeanette BL LANCASTER (School of Nursing, Vanderbilt University, USA)
5. Prof Cindy LK LAM (Danny DB Ho Professorship in Family Medicine, Department of Family Medicine and Primary Care, The University of Hong Kong)

Project Start Date and End Date:

1 November 2009 to 30 October 2011

Purposes/Objectives:

The HEPA program aimed to change sedentary older adults' physical exercise behaviours and raise their walking volume. Specific objectives of the project were:

1. Increase the participants' average number of steps by a minimum of 20%;
2. Improve the older adults' health and fitness measurement parameters;
3. Increase older adults' self-efficacy in doing exercise;
4. Increase older adults' health-related quality of life.

Activities/Programmes:

HEPA was a 2-year community-based program developed by a team of professionals, including two nursing faculties, a family medicine practitioner, a physical fitness expert, and a social worker. The program was comprised of 10 Health Seminars (HS), 11 Health Assessment (HA) sessions, five 10-week walking sessions, and 4 training workshops (TW) for buddy leaders.

HS addressed the importance of physical activity in diabetes management, introduced the HEPA program, and recruited participants to the 10 weeks of walking sessions. The walking sessions operated in small groups, and each session lasted 60 minutes and usually began with a 10-minute warm-up exercise led by a physical fitness officer and/or buddy leaders.

HA were held in the community hall. In each session, 20-30 older adults participated and all received a 1-hour health assessment, including evaluation of their self-efficacy for exercise, quality of life, blood pressure, blood tests (blood glucose test and total cholesterol test), upper and lower body strength assessment, lower body flexibility assessment, and aerobic fitness.

TW were held by a nurse and a physical fitness officer in four half-day workshops. The content of the workshop included first aid skills, group management, group walking safety measures, and concepts of social support and networking. These buddy leaders were trained to serve as role models and accompany sedentary older adults on walks.

Targets/Recipients:

Persons who met the following criteria were eligible to participate in the HEPA program:

1. Aged 60 or above;
2. Residing in the Central or Western District;
3. Diagnosed with hypertension and/or type 2 diabetes mellitus;
4. Able to ambulate independently;
5. Sedentary.

Expected and Actual Participation:

Expected participation: 200 persons for 10-week walking sessions; 1,240 persons for all activities in HEPA.

Actual participation: The concept of regular walking in chronic illness management was advocated to 932 persons in the four health seminars, and 241 persons were recruited to join the 10-week walking sessions. The recruitment

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outweighed our targeted population by 20.5% (=41/200). A total of 1,586 headcounts (1,408 persons) participated in the whole HEPA program (932 in HS, 205 in HA1, 189 in the walking sessions, 178 in HA2 and 82 in TW). This outweighed the original plan by 27.9% [= (1586-1240)/1240].

Benefits Derived:

HEPA program provided benefits not only to the participants but also to the staff of elderly centers and the volunteers. The staff of elderly centers and volunteers also gained the experience of operating an evidence-based community project with the support from faculties. Through this project, knowledge was transferred from academics to practitioners who deal with community-dwelling older adults in their daily work. The knowledge transferred can be listed as, but not limited to, the relationship between physical activity and chronic illness management, application of pedometers and logbook as motivators to change health behavior, interpretation of some health parameters, and first aids skills in heat stroke.

Project Products:

HEPA program successfully cultivated **district-based social network and safe environment for regular walking** among older adults. One of the key features of the HEPA program was the training of volunteers who would serve as 'exercise buddies' in the community. Under this buddy scheme, older adults were able to enjoy social support in their neighborhood. Facilities in the neighborhood were used for walking, health assessment, and volunteer training. A 20-page booklet was made to describe the details of the program, photos of the activities and demonstrate the warm-up exercise. The booklet can be obtained from The University of Hong Kong School of Nursing website.

Objectives Achieved:

The average numbers of walking steps increased by 36%, from 6,591 steps in week 1 to 8,934 steps in week 10 ($P=.005$). Following the intervention, there was a significant increase in lower body strength (mean [SD] =12.09 [3.95] versus 13.60 [4.45]) ($t=6.28, P<.001$); upper body strength (mean SD =13.06 [3.61] versus 14.21 [3.99]) ($t=5.10, P<.001$); and 6-minute walk test (mean SD =421.98 [88.22] versus 440.16 [87.82]) ($t=6.03, P<.001$). Both the physical health component summary score (mean SD =44.32 [9.77] versus 47.18 [8.93]) ($t=4.17, P<.001$) and mental health component summary score (mean SD =53.25 [9.65] versus 55.36 [8.34]) ($t=2.82, P<.01$) of the SF-12 had significantly improved after the 10-week intervention.

Conclusion:

The HEPA program was successfully implemented, and the aims to change sedentary older adults' physical exercise behavior and raise their walking level were met. The 10-week intervention increased participants' physical fitness and quality of life.

Project No.: 02090235

Project Title: Brain Health Project for Older Adults (「健腦智開心」晚情計劃)

Administering Institution: Department of Rehabilitation Sciences, The Hong Kong Polytechnic University

Co-organisation(s):

1. Department of Rehabilitation Sciences, The Hong Kong Polytechnic University
2. Occupational Therapy Department, Kwai Chung Hospital, Hospital Authority
3. The Neighbourhood Advice-Action Council

Project Team Members:

1. Prof David MAN Wai-kwong (Department of Rehabilitation Science, The Hong Kong Polytechnic University)
2. Dr Grace LEE Yuet-ying (Senior Occupational Therapist, Advanced Practitioner in Psychogeriatrics, Kwai Chung Hospital)
3. Ms Regina CHEUNG Kar-ye (Co-ordinator, the Neighbourhood Advice-Action Council)
4. Mr Francis LI Yum-kwok (Co-ordinator, the Neighbourhood Advice-Action Council)
5. Mr Ben WONG Man-lung (Occupational Therapist II, Kwai Chung Hospital)

Project Start Date and End Date:

1 August 2010 to 30 April 2012

Purposes/Objectives:

The overall aim of this project was to promote the brain health of the older adults through the use of innovative errorless learning-based (EL) memory training through an internet platform to reinforce learning outcomes of memory function. Specific objectives were as follows:

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1. To promote the cognitive health of older adults through early education and gradable, systemic memory training programme;
2. To empower more professional staff to provide cognitive training programme through structured training workshop;
3. To actively encourage older adults to work as volunteer facilitators for memory training programme;
4. To provide training to informal carers for their provision of support to older adults;
5. To further strengthen the formation of a community network to provide cognitive training and continuous support to older adults.

Activities/Programmes:

1. Three community exhibitions cum educational talk were respectively held for a total of 700 older adults to promote brain health for older adults.
2. An evaluation study of the brain health training group (BHG) compared with a wait-listing control group (CG) using pre- and post-test design. Participants were randomized into BHG to receive a 4-week, 15-sessions, individualised brain health training program through internet. Outcome measures were Chinese validated assessment scales including Comprehensive Assessment of Prospective Memory-Short Form (CAPM-SF), Everyday Memory Questionnaire (EMQ), Fuld Object Memory Evaluation (FOME), Modified Barthel Index (MBI), Lawton Instrumental Activities of Daily Living (Lawton IADL) and Geriatric Depression Scale- Short Form (GDS-SF).
3. A training workshop for professionals to share the EL internet-based memory training programme and the results of the brain health project for wider dissemination of findings.

Targets/Recipients:

Elderly, age 60 or above living in different districts in Hong Kong who were at risk of dementia and depression. They were recruited through promotion activities organized by ten settings: 6 elderly services settings of NAAC and 5 other units of organizations such as Caritas Group and SAGE.

Expected and Actual Participation:

99 elderly people participated in the brain health training project (BHG, n=66 and CG, n=33), and the expected number of participants was 60-100;
700 older adults attended three brain health community exhibitions cum educational talks, and the expected number of participants was 700-800;
180 professional staff attended a training workshop on intellectual wellness for older adults, and the expected number of participants was 100-150.

Benefits Derived:

In the project, 700 older adults got education on importance and methods to enhance brain health. In the study, 66 participants in BHG had good improvement in their memory functions (as shown in the memory assessment by CAPM-SF, EMQ & FULD) and mood (as shown in GDS-SF) after training, when compared with the wait-listing CG. Furthermore, 10 participants were trained as volunteer facilitators for the programme. Further new projects on brain health programme have been cultivated in different settings as 180 health and professionals in the elderly field were motivated and keen to learn new programme on brain health training workshop and might apply new brain health projects in their own settings.

Project Products:

Internet-, errorless learning-based brain health training software, educational pamphlets on brain health and an experimental study on errorless brain health program for older adults.

Objectives Achieved:

Participants of the internet-based, errorless learning based memory training programme had a slowing down effect in their memory decline so as to cope better with their cognitively disability. Important messages to enhance the brain health of older adults have been brought across in the project to professionals and the general public.

Conclusion:

The study showed good and clear evidence to improve cognitive functions of older adults after participated in the structured errorless learning memory training program. Further large scale RCT cognitive training research might be launched. Besides internet-based training program, different media format can be explored to improve the accessibility. Finally, further development on application of errorless learning brain health training program in tablet computer or smart phone has been successfully developed and evaluated, as a result of this project.

參展項目摘要

Project No.: 22080564

Project Title: Joint Nursing-Pharmacy Health Promotion Programme for Hidden Elders in the Community

Administering Institution: The Chinese University of Hong Kong

Project Team Members:

1. Vivian LEE Wing-yan (Associate Professor, The Chinese University of Hong Kong)
2. Doris YU Sau-fung (Associate Professor, The Chinese University of Hong Kong)
3. Diana LEE Tsz-fan (Professor of Nursing, The Chinese University of Hong Kong)

Project Start Date and End Date:

1 August 2010 to 28 February 2012

Purposes/Objectives:

The aims of this research project were to identify the health needs of hidden elders in Hong Kong and to study the impacts of pharmacist and nursing interventions on medication management and well-being in hidden elders.

Activities/Programmes:

The current study was designed to develop a joint nursing-pharmacy outreach programme for hidden elders in the community. This gives nurses and pharmacists opportunities to identify the health needs and resolve any potential and existing health-related problems by intervening and making professional recommendations for hidden elders. Each subject received at least 4 outreach visits from a nurse and a pharmacist respectively. Pharmacists identified drug-related problems and provided assistance in medication and disease management. Health needs of subjects were accessed by observations and interviews. Impacts of pharmacist interventions were studied by changes in blood pressure, scores of Morisky 8-item Medication Adherence Scale and EuroQoL (Quality of Life) 5-D Questionnaire.

Targets/Recipients:

Subjects from Wong Tai Sin District were recruited by social workers if they aged 65 or above; did not have a normal social life and network; did not have family support; and were not linked to the existing network of community support.

Expected and Actual Participation:

A total of 93 subjects were approached by the outreach teams. 7 subjects refused service after meeting the outreach team. Among these 7 subjects, 4 subjects did not build adequate trust to the outreach team at the first visit, so they decided not to receive follow-up visits; 3 subjects refused further visits due to deteriorated health. For the remaining 86 subjects, 5 subjects had passed away and 2 subjects were sent to nursing home before the end of pharmacist interventions. 1 subject refused outreach service from nurse but welcomed visits from pharmacist. 1 subject refused outreach service from pharmacist but welcomed visits from nurse.

Benefits Derived:

The specific needs including health needs are unknown in hidden elders. Therefore, it is important for healthcare providers to outreach this hidden population in order to identify the health needs of the hidden elders in our community. Therefore, the current health promotion programme provided answers to the questions: 1) What are the needs of hidden elders in our community? 2) What can we, being healthcare providers, do to address specific health needs of hidden elders in our community to improve their general wellbeing?

With the growing elderly population in Hong Kong, it is vital to explore different ways to improve specific needs including health for the elderly. Pharmacists and nurses will be in a good position to be involved in such monitoring and may improve the general wellbeing of hidden elderly in the community. This project was the first prospective pilot study to address the health needs of hidden elders and to assess the impact of healthcare professionals on addressing those health needs of hidden elders.

Project Products:

The mean age was 81.46 ± 5.70 , the mean number of chronic disease is 3.29 ± 1.45 and the mean number of chronic medications is 6.36 ± 2.96 . The most commonly observed chronic diseases were hypertension, cardiac problem, diabetes, hyperlipidemia and arthritis. Drug non-adherence and storage problems were found in 61.63% and 69.77% of subjects. Pharmacist conducted average of 4.5 interventions per subject. Mean of total EuroQoL score increased by 1.05 ($p < 0.001$). Among the 5 dimensions of quality of life assessment, walking ability and pain control increased by 0.36 and 0.38 respectively ($p < 0.001$). Mean of Morisky score decreased by 0.61 signifying improvement of medication adherence ($p < 0.001$). Female gender ($P = 0.045$), polypharmacy with more than 9 concurrent medications ($p = 0.013$), arthritis ($P = 0.006$) and drug storage problem ($p = 0.002$) were identified as factors associated with poor medication adherence.

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Objectives Achieved:

The following objectives of the study were achieved:

1. To identify the health needs of hidden elders in our community;
2. To develop a joint nursing-pharmacy health promotion programme which is specific to the health needs of hidden elders in our community;
3. To investigate the impact of this joint programme on general well being in hidden elderly populations.

Conclusion:

Majority of hidden elders suffered from multiple chronic diseases and used a large number of medications. The prevalence of drug non-adherence, drug storage problems, and knowledge deficiency in drugs and diseases was high. Pharmacist and nursing interventions achieved improvements in drug-related problems, drug compliance and quality of life in hidden elders.

計劃編號 : 23090074

計劃名稱 : 晴牽一線通

主辦機構 : 長者安居服務協會

計劃開始及完成日期 :

2010 年 4 月 至 2011 年 6 月

目的 / 目標 :

1. 減低長者因長期病患所帶來的壓力；
2. 提昇長者的健康生活質量；
3. 協助長者及早發現及治療心理健康問題。

活動 / 推行大綱 :

1. 實驗組：提供每月兩次，共 8 次的電話慰問。於 8 次電話慰問期間，運用由衛生署長者健康服務臨床心理學家設計一套透過電話施行的工具—長者心理健康檢測量表，評估參加者的焦慮及抑鬱程度，將有需要的個案交由本會註冊社工跟進及轉介具情緒病徵狀的長者求診和使用現有的社區資源。
2. 教育員需於第一次電話慰問後參與「護士指導面談」，讓護士瞭解各參加者的現況，並就每位參加者作針對性的建議，以協助教育員更有效地進行健康教育。
3. 個案跟進：由註冊社工鼓勵及轉介具情緒病徵狀的參加者求診和使用現有的社區資源。

對象 / 受惠者 :

患有 3 種或以上長期病患的 65-80 歲「一線通平安鐘」服務使用者。隨機分配實驗組和對照組。

預期及實際參與人數 :

預期人數：300；實際參與人數：351。

效益 :

1. 教育員和社工為 351 位服務使用者合共提供 2,436 次電話慰問，當中 300 位完成「長者心理健康檢測量表」評估，而有 272 位服務使用者能成功於期限內完成 8 次電話慰問，23 位參加者經常外出致未能聯絡上，56 位退出計劃；
2. 期終成功完成共 542 份前後測（實驗組：262，對照組：280）作成效評估；
3. 74% 實驗組參加者及 44% 對照組參加者於計劃後減低了其壓力指數；
4. 56% 實驗組參加者及 76% 對照組參加者提昇了其生活質素；
5. 52% 實驗組參加者及 44% 對照組參加者提昇了有關促進健康的行為及或意識；
6. 97% 的實驗組參加者對此計劃表示滿意或極滿意。

已達成的目標 :

1. 74% 實驗組參加者於計劃後減低了其壓力指數；
2. 56% 實驗組參加者提昇了其生活質素；
3. 52% 實驗組參加者提昇了有關促進健康的行為及或意識。

總結 :

是次計劃讓協會更有效了解長期病教育的重要，協會繼續舉辦相關長期病教育計劃，以及提供各類型健康電話慰問及諮詢服務，提升平安服務使用者的健康需要。

參展項目摘要

Project No.: 23090654

Project Title: Fall-risk screening program in community dwelling older people using vision and balance screening tools

Administering Institution: The Hong Kong Polytechnic University

Co-organisation(s):

1. Kowloon City Baptist Church Neighbourhood Elderly Centre
2. Yan Chai Hospital Ng Wong Yee Man Neighbourhood Elderly Centre
3. Yan Chai Hospital Mo Tsang Wing Neighbour Elderly Centre
4. Yan Chai Hospital Fong Yock Yee Neighbourhood Elderly Centre
5. HKLSS, Sun Chui Lutheran Centre for the Elderly

Project Team Members:

1. Allen CHEONG Ming-yan
2. Bob CHEN
3. Andrew LAM Kwok-cheung
4. MOK Chi-ming
5. CHICK Siu-ha
6. LAI Mei-ling
7. LEE Ngar-sze
8. CHOW Kit-sum

Purposes/Objectives:

1. Screen senior adults for risk factors of falling and refer those at high fall risk to the appropriate interventions;
2. Increase fall prevention awareness of the elderly population and general public.

Activities/Programmes:

1. Falls prevention workshop;
2. Falls risk assessment;
3. Follow up on incidence of falls, fall risk awareness, compliance to recommendations.

Targets/Recipients:

Hong Kong Chinese community-dwelling elderly at community centers aged 60 or above were our target group.

Expected and Actual Participation:

435 participants aged from 60 to 95 years (75.51 ± 7.21 years) were recruited from community centres.

Benefits Derived:

1. This project has benefited community-dwelling older adults in Hong Kong participating in a "fall-prevention program". This workshop included three phases: 1) educational seminar on falls prevention; 2) falls risk assessment (vision and balance); and 3) follow up on incidence of falls and fall risk awareness. For participants with significant impairment, referrals and recommendations were made to target participants.
2. Through participating in this program, participants had a better understanding about their current visual and balance status, which were two important risk factors associated with falls and falls-related injuries. In addition, the awareness of the risks factors associated with falls was heightened among program beneficiaries. It is hoped that they will bring this knowledge to their immediate circle of friends and families.
3. Results of the physiological profile measured in this sampled population provided a good foundation for building a normative database for Chinese population for future research studies. An individual's physiological performance can be compared with this normative database so predict the likelihood of falls.
4. The results of the project had been presented in international conferences, and will be planned to present in professional seminar to increase the practitioners' awareness of fall risks and the appropriate interventions/recommendations for reducing these risks.

Project Products:

Normality data for short-form physiological profile assessment for older Chinese people was established as a reference for further studies.

Objectives Achieved:

Community-dwelling older adults in Hong Kong participated in a "fall-prevention program" which included educational seminar on falls prevention, falls risk assessment and follow up on incidence of falls and fall risk awareness.

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Conclusion:

1. Through participating in this program, participants not only received general knowledge on the risk factors associated with falls and corresponding precautions, but also their own fall risks. Based on participant's visual and balance functions, individual fall risk score was computed and recommendations or referrals were provided for those with marked fall risk.
2. Physiological profile measured in this sampled population provided a good foundation for building a normative database for Chinese population. An individual's physiological performance can be compared with this normative database so predict the likelihood of falls.

計劃編號 : 26120144

計劃名稱 : 「耆易·飲食」長者健康飲食推廣計劃

主辦機構 : 救世軍竹園綜合服務

計劃成員 :

1. 郭秀芬女士 (救世軍竹園綜合服務 計劃助理)
2. 侯淑敏女士 (救世軍竹園綜合服務 隊長 - 註冊社工)
3. 植翠珊女士 (救世軍竹園綜合服務 高級主任 - 註冊社工)

計劃開始及完成日期 :

2013 年 4 月 1 日 至 2014 年 4 月 30 日

目的 / 目標 :

推動長者「自我管理·健康飲食習慣」

1. 透過「均衡營養飲食評估」問卷調查,讓區內團體及市民提昇對食物營養的關注;
2. 透過「耆易街市」,讓長者能夠在方便、簡易的「個人包裝餸菜」學習食材選配良方、食物處理、保鮮及健康烹煮方法;
3. 透過「活得自在」自我生活管理課程學習「自我管理」概念 (Self-Management),鼓勵長者建立健康飲食習慣,成為積極的自我健康生活管理者;
4. 透過社區教育活動、健康烹飪美食班及社區義工「配對式」到戶探訪營養不良 / 不良飲食習慣的兩老 / 獨居長者,教授長者簡易輕便的健康菜式煮食方法、正確食物處理和保鮮、健康飲食習慣等知識,提昇他們個人健康、食物處理、保鮮及烹調的能力,讓他們能夠吸收既新鮮又有價值的營養。

活動 / 推行大綱 :

計劃以「簡易烹調富營養食材」作為活動核心元素,動員竹園社區內的義工,擔任健康飲食推廣大使,為營養不良 / 不良飲食習慣的獨居長者,再灌注「食物及心靈」的營養,潤澤黃大仙竹園區成為「健康社區」,令竹園社區每一位肩負起推廣健康飲食習慣的使命,提昇市民對營養的關注,改善人群健康。

對象 / 受惠者 :

1. 黃大仙竹園區內營養不良 / 不良飲食習慣之兩老 / 獨居長者;
2. 具服務長者經驗 / 有志服務長者之社區人士。

預期及實際參與人數 :

	預期	實際
計劃期內總服務人次	7,090 人次	9,155 人次
計劃期內義工服務人次	900 人次	706 人次

效益 :

長者建立「自我管理·健康飲食習慣」

1. 透過「均衡營養飲食評估」問卷調查,顯示 70% 接受計劃前、後評估的長者飲食習慣得以改善;
2. 透過服務意見問卷及聚焦小組,顯示 85.8% 參加者提昇對食物營養的知識、84.1% 參加者提昇處理食物及保鮮的知識、82.3% 參加者表示飲食習慣有所改善。

計劃製成品 :

計劃單張、海報、橫額及展板。

參展項目摘要

已達成的目標：

1. 「均衡營養飲食評估」是一個良好的途徑讓黃大仙區內的長者認識自身的營養健康狀況。參加評估的長者們都表示此評估能有助他們檢視自己的飲食習慣及提高對營養吸收方面的關注。
2. 「耆易街市」讓長者可以用便宜的價錢享用到一個人份量的新鮮食材、水果或高鈣豆奶飲品，參與的長者認為服務能有助提高他們對改善飲食習慣的關注及吸收不同的營養。長者透過恒常及持續享用食材，慢慢建立多菜少肉，並以蒸煮為主的烹調習慣。
3. 「活得自在」自我生活管理課程讓參與長者學習自我生活管理的原則、制訂行動計劃，為自己訂立及實踐良好的生活習慣以改善健康，對日後於日常生活中應用有莫大幫助。
4. 計劃共招募了 32 名不同年齡層的義工，並接受營養師教授的培訓課程。培訓課程有助義工們進一步認識飲食營養方面的資訊，並澄清了義工們日常對營養知識、食物烹調及處理方法的誤解。義工們感獲益良多，並樂意肩負把所學的知識傳承的責任，並於探訪、美食班及社區展覽等活動中傳授及推廣給黃大仙區的長者們。此外，更身體力行，義工更注重自己及家人的日常飲食，建立良好的健康飲食習慣。
5. 「耆易烹飪美食班」教授由營養師及其他專業人士所設計的簡易營養菜色，讓參加美食班的長者能體驗使用簡單烹調方式煮出好味又有營養的菜色。參加的長者們表示美食班所教的菜餚簡單易學，並會於日常生活中，嘗試烹調相關菜餚給自己或家人品嚐。

總結：

於構思及推行服務的過程中，主要針對營養不良 / 不良飲食習慣的獨居長者而提供較密集的服務。透過「均衡營養飲食評估」、「耆易街市」、「活得自在」自我生活管理課程、「耆易烹飪美食班」及健康飲食講座及展覽等各項服務的推廣，讓黃大仙區內的長者能認識更多有關營養飲食的相關知識，同時提高有不良飲食習慣長者對健康飲食的關注，慢慢建立良好的飲食習慣。另一方面，不同歲群的義工亦有分享自己飲食習慣的正面轉變，同時亦帶動家人更關注飲食健康。從此引伸年紀相對較年輕的青年人、中年人甚或年輕長者，更注重自己的健康，在獲取相關健康飲食資訊的同時，會於日常生活中應用實踐，確實為個人及家庭帶來莫大的裨益。義工更推而廣之，樂意及用心於社區推廣的過程中向不同歲群的社區人士宣傳健康飲食、正確保鮮及處理食物的重要性，令社區人士受惠。

Abstracts of Poster Presentations

Project No.: 22080764

Project Title: SHINE @ THE COMMUNITY (健營閃耀在社區)

Administering Institution: United Christian Nethersole Community Health Service

Project Team Members:

1. Ms Doris PS LAU, APD (Service Manager, Community Nutrition Service, United Christian Nethersole Community Health Service)
2. Ms Heidi TM CHAN, RD (Community Dietitian, United Christian Nethersole Community Health Service)
3. Ms Mancy MS LO, APD (Community Dietitian, United Christian Nethersole Community Health Service)
4. Mr Gary KM LUI (Fitness Instructor)

Project Start Date and End Date:

1 April 2009 to 31 January 2011

Purposes/Objectives:

Healthy eating and active living promotion via district-based workshops and carnivals to increase participants' nutrition and fitness knowledge, to modify lifestyle to prevent chronic disease and to equip student workers on implementation of public health promotion events.

Activities/Programmes:

District-based nutrition and fitness workshops/carnivals were conducted by registered dietitian and fitness instructor respectively, with emphasis on weight management, chronic disease prevention, food labelling and stress management, etc. "Tailor made" strategy was adopted in this program, in terms of venue, topics, mode, and delivery schedule, which implied that health promotion is required to specify for individual target group in order to be as practical and as effective as possible. Each participant will receive a self-administered questionnaire to evaluate their knowledge, attitudes and behavioural changes after their attendance to the workshops and/or carnivals.

Targets/Recipients:

1. General population, especially neighbourhood at specific district;
2. Students majored in food and nutrition and/or health promotion from Hong Kong Institute of Vocational Education, The University of Hong Kong School of Professional and Continuing Education, and The Chinese University of Hong Kong.

Expected and Actual Participation:

A 22-month program had reached 2,369 out of targeted 1,600 participants via conduction of 34 nutrition and fitness workshops in 8 districts including Kwun Tong, Tai Po, Sham Shui Po, Yau Tsim Mong, Shatin, Hong Kong Island, Tsuen Wan, and Tin Shui Wai.

Benefits Derived:

There were 34 workshops and 3 mass health carnivals conducted with the total beneficiary of 2,369 and 798 participants, respectively. 100 nutrition students were successfully trained to coordinate the workshops/carnivals as their practicum.

Project Products:

34 nutrition and fitness workshops in 8 districts and 3 mass health carnivals in Hong Kong, Kowloon and New Territories.

Objectives Achieved:

Participants in 7 out of 8 districts obtained more than 70% correct knowledge scores and all districts indicated improvement in attitude scores on nutrition and fitness after each workshop.

Conclusion:

Direct and informative district-based healthy workshops increased the learning channel for general public and specify to local district neighbourhood to reinforce practical diet and physical fitness knowledge. Modification of lifestyle and prevention of chronic disease were also emphasized.

參展項目摘要

計劃編號：24100484
計劃名稱：「營」得好食 - 健康生活由你「喜」
主辦機構：香港聖公會麥理浩夫人中心

計劃成員：

1. 嚴詠兒（香港聖公會麥理浩夫人中心 社區健康促進服務部主任）
2. 曾繁翎（香港聖公會麥理浩夫人中心 社區健康促進服務部助理服務幹事）

計劃開始及完成日期：

2011年4月至2012年3月

目的/目標：

1. 喚起社區人士均衡飲食對健康所帶來之影響的關注，全民推動「日日2+3」，同時教導家長面對子女偏食問題時，如何以其他食物替代，促使子女養成均衡飲食的習慣；
2. 鼓勵已完成工作坊的參加者將學到的知識，融入日常生活中，落實推行均衡健康飲食；
3. 結合工作坊的資料及烹飪比賽所得的食譜並輯錄成書，並把部份內容翻譯成菲律賓文及印尼文，供僱用外籍勞工之家庭索閱。

活動/推行大綱：

1. 至「營」健康工作坊（2011年5月至6月）：邀請營養師或護士主講均衡飲食、食物標籤閱讀方法、每日進食5份蔬果對健康的影響、偏食兒童實踐均衡飲食的方法等資訊。完成後參加者將組成『至「營」健康大使』，透過協助推廣社區教育活動及參與烹飪比賽，將營養健康飲食的訊息於社區層面推廣。
2. 煮得夠「營」烹飪比賽（2011年6月至8月）：提供實踐機會，鼓勵社區人士以及『至「營」健康大使』根據健康飲食的理論，發揮個人創意成為簡易健康食譜，推廣健康飲食文化。
3. 「營」得好食小錦囊（2011年8月至2012年3月）：整合工作坊內容及烹飪比賽入圍作品的健康菜式等資料，輯錄成小錦囊，並加入營養師提供的健康飲食貼士，派發予社區人士，讓他們可以透過小錦囊，對日常生活上如何實踐均衡飲食有進一步的了解。此外，讓烹飪比賽參加者可在小錦囊中同時得到表揚和鼓勵。
4. 創出新「營」地——社區巡迴教育活動（2011年9月至2012年3月）：透過社區巡迴活動，以展板、攤位遊戲、舞台表演、脂肪測試及膽固醇測試等不同活動形式，提醒社區人士關注個人健康，落實推行均衡健康飲食生活。

對象/受惠者：

1. 荃葵青區中小學生及其家長；
2. 荃葵青區社區人士。

預期及實際參與人數：

整個計劃預計5,600人次，最後實際參與為12,130人次。

效益：

1. 計劃成功喚起社區人士對健康飲食的重要性，不少曾參與工作坊的社區人士均表示會嘗試在日常生活中應用有關的知識，有部份人更表示會學以致用，回家後自行創作新菜式，在其後的工作坊向營養師提出食譜，讓營養師品評其食譜的烹調方法及營養價值。根據參加者的回應，92%參加者表示內容充實，符合他們的需要，94%參加者更表示會介紹朋友參與是項計劃。
2. 經過多次在荃葵青區內進行社區巡迴推廣及派發『「營」得好食小錦囊』，宣揚均衡營養飲食的重要性、推廣「日日2+3」的好處及其他相關健康資訊。不少地區團體在取得『「營」得好食小錦囊』後，主動來電要求索取額外數量，派發予學校家長及其服務對象，其中有兩間幼稚園更在校園推行健康飲食，以「少鹽少糖少油」的烹調方法烹調健康食品予學生享用，可見計劃得到幼稚園及業界同工的認同，提昇社區人士對健康飲食的關注，達致原訂的目標。

計劃製成品：

教育展板、單張、宣傳海報、橫額及出版『「營」得好食小錦囊』。

已達成的目標：

計劃成功邀請了註冊營養師擔任工作坊主講嘉賓，在每節下半部份則由營養師示範不同的健康菜式，讓參加者協助烹調及即場試食，推動參加者將學習到的健康飲食知識融入日常飲食當中。工作坊內容及主題吸引，成功招募區內幼稚園教職員、幼兒園和幼稚園家長及其他區內對營養飲食有興趣的人士參與。是項活動成功吸引參加者加入成為『至「營」健康大使』，協助社區教育活動及參與烹飪比賽，將營養健康飲食的訊息於社區層面推廣。其後計劃亦結合了工作坊的資料及烹飪比賽所得的食譜，輯錄成小錦囊並把部份內容翻譯成菲律賓文及印尼文，供僱用外籍勞工之家庭索閱。是項計劃原定印製2,500本，但由於索取人士反應踴躍，

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完成印刷後一個月內經已全數派出；其後得到基金的批准再次翻印 2,500 本，隨著推行不同的社區巡迴教育活動，全數共 5,000 本的小錦囊現已派發完畢。透過健康教育展覽、派發教育單張及『「營得好食」小錦囊』，向社區人士推廣均衡營養飲食的重要性，推廣「日日 2+3」的好處及簡易實踐方法。另一方面，以健康資訊展覽、身體檢查服務提醒社區人士關注個人健康，配合試食健康美食的安排，打破健康菜餚等於不美味的傳統觀念。整體而言，本計劃成功喚起社區人士透過均衡飲食對健康的關注。

總結：

是項計劃得以成功推行，除有賴健康護理及促進基金資助外，實有賴團隊合作及外間機構的專業支援，讓計劃團隊得以在一個較低成本下向社區人士推廣實踐健康生活的文化。雖然當中曾遇到不同的困難，但得到基金會的全力支持，例如批准更改批款安排，讓計劃得以在短短兩個月內加印額外 2,500 本『「營」得好食小錦囊』，以滿足地區團體、學校及社區人士的訴求，使計劃能順利推行。

Project No.: 25110194

Project Title: Continuous nutritional education support to kindergarten parents using smart-phone applications

Administering Institution: Hong Kong Council of Early Childhood Education & Services (CECES)

Project Team Members:

1. Mr Leslie CHAN Kwok-pan (Services Manager, CECES)
2. Mr Kenny LAU Tak-kuen (Senior Project Officer, CECES)
3. Ms Jacquelyn MA Sin-yan (Project Officer, CECES)

Project Start Date and End Date:

1 April 2012 to 30 September 2013

Purposes/Objectives:

Aims: To assist kindergartens parents practise healthy eating habits in their family life.

Working objectives:

1. To teach kindergarten parents practical tips on healthy eating for kindergartens as well as for their families;
2. To provide parents with practical tips and healthy eating support through smart phone applications;
3. To evaluate the effectiveness of smart phone application in distribution of healthy eating information.

Activities/Programmes:

1. Design of Smart-phone application: 100 recipes have been designed according to nutritional needs of kindergartens and their families. 70 of the 100 recipes contain a ingredient list, cooking steps, a nutrient table and a photo , and the other 30 contain a ingredient list, cooking steps and a nutrient table. 50 healthy snack choices have been selected from supermarkets together with eating tips and venue of purchase. 12 healthy shopping lists have been designed for families of 4, which are designed for different festivals (such as Mid-Autumn Festival and Chinese New Year) or seasons. The application was designed to make available for both IOS and Android platforms. The application were launched at IOS on 9 Nov 2012 and Android on 7 Dec 2012. All of the health materials shown in the application have been uploaded to our website for parents not using smart-phones.
2. Trial of Smart-phone application: Before the smart-phone application was officially launched, it had been test-tried by 20 parents from 2 kindergartens (基督教康山中英文幼稚園 and 基督徒信望愛堂華明幼稚園). Modifications on the user interface and format of nutrition information were made accordingly.
3. Healthy eating workshops and training on use of our Smart-phone application: A 1.5 hour healthy eating workshop was conducted at all participating kindergartens to teach parents healthy eating, important nutrients for growth, healthy cooking tips and health snack choices for children.
4. Smart-phone application download and continuous renewal of healthy eating tips: At the end of the workshop, we introduced the application and helped the parents download the application. After the workshop, the kindergartens will carry out a health promotion campaign that lasted up to 2 months long to encourage all parents to download the application and use the health information provided. The schools' promotion campaign includes participating in our other free school-based nutrition service, in which the parents one-on-one met with our nutritionists. Healthy eating tips and healthy snack choices were added to the application regularly. 10 recipes and healthy snack suggestions were added in monthly basis. For parents who do not use smart-phones, the information was also made available on a face book page. The page was also updated regularly, so the parents were also able to use the information for their children.

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5. Evaluation of healthy eating smart-phone application acceptance, preference and practicality: Our evaluation of the program includes questionnaire survey and parent feedback. We sent emails to seek for feedback all parents who participated in the workshop. Data generated were used to review the effectiveness of the program. The number of download from the IOS and Android platforms was also collected.

Targets/Recipients:

10,000 kindergarten families from 30 schools.

Expected and Actual Participation:

The participation rate at each workshop was more than 30 parents, and the download rate at each workshop was 100%. Moreover, we also introduced the application to parents at our other nutrition programs, and the application was also open to the public to download from both IOS and Android. The actual number users resulted as around over 7,000 and over 10,000 respectively.

Benefits Derived:

30 kindergartens were recruited in our nutrition workshops, in which the parents were taught healthy eating for children. The parents also downloaded the smart-phone application as their nutrition support. In the smart-phone application, 100 healthy recipes with nutrition tips and nutrition value, 50 healthy snack choices, and 12 shopping lists for healthy festival dinner are provided. All of the information is also made available on a face book page for parents who do not use Smartphone. Feedback from parents has shown that the application was helpful and provided practical help for parents. In conclusion, the project was successful and received good comments from parents. It not only provided healthy eating recommendations, but also helped the parents use the information in their daily life.

Project Products:

Design of Smart-phone application.

Objectives Achieved:

In the project, we totally provided 32 healthy eating workshops to 32 kindergartens (2 of them were test trial workshop), adding up 48 hours of training to enhance parents' knowledge of healthy diet for children. In order to ensure that the participating parents can access and use the application, during the workshop, we went through the downloading procedures, step by step, with them. An instruction to download was also issued to parents who did not come to the workshop. This has contributed significantly to the download rate of more than 10,000 download rate. After the healthy eating workshops, most of the parents have tried our recipes and some of them even thought that it is easy to make as all of our recipes had only 5 cooking steps. They claimed that they will continue to download our new recipes and tried to make it at least 3 times a week. Apart from recipes, they will also use our smart-phone application to select healthy snacks for their children. Moreover, our application is updated monthly. 10 new recipes together with the nutrition information and healthy snack choices have been added on monthly basis. Until now, 100 recipes and snack choices have been uploaded. This has been serving as a continuous and handy cookbook and nutrition guide all in one for parents. We have extended our nutrition support to parents who do not use smart phones. We have been providing our nutrition information on Facebook. On the page, we welcome questions and feedback from parents. It has also become another platform for the parents to communicate with our project team. For example, We exchanged ideas of healthy recipes and answer. The smart phone application has been used as another educational tool for our nutritionists.

Conclusion:

One of the objectives of the project is to provide a continuous, practical and in-expensive nutrition guide. The application has also received successful comments from parents at our other activities in which we also used it as a nutrition tool. The recipes in the application were all designed and made by our Healthy Living team. Different ingredients in all food groups were used and the cooking methods were healthy. The recipes were easy-to-make. These all encouraged parents to use the recipes. Moreover, the feedback from parents has shown that the recipes were appetizing and helped encouraging their children to try different kinds of healthy foods. The recipes were made suitable for kindergarten children and whole families, and they were all presented with a photo, which helped parents make the dish attractive for their children. The application has been a very supportive guide for the parents when they run on.

Limitations: Smartphone is very popular nowadays, but some of the parents are still not using it. They are not able to be benefit from our project and assess to our healthy information. We therefore, created a Facebook page for our healthy recipes and nutrition tips in order to allow more parents to reach the information. This Facebook page has also become a convenient platform for parents to ask our nutritionists questions. On the other hand, all information on the application is in Chinese only. Non-Chinese parents are not able to use the information. Other parents also reported that they needed to translate the information into English for their maid at home when they want to cook the recipes.

計劃編號：03100195

計劃名稱：「健康工作場所、勞資攜手共創」在職人士健康推廣計劃

主辦機構：基督教靈實協會

計劃成員：

1. 莫素鳳（營運總經理）
2. 吳若思（營運經理）
3. 沈敬欣（助理經理）
4. 張佩斯（註冊營養師）
5. 岑穎（物理治療師）
6. 李雁菊（註冊護士）
7. 黃鳳嫻（登記護士）
8. 羅翠瑩（活動統籌員）
9. 馬敏婷（行政助理）

計劃開始及完成日期：

2011年4月至2012年10月

目的 / 目標：

1. 協助夥伴企業成立「健康督導委員會」，制定促進健康工作間的策略；
2. 提供專業支援，建立促進身心健康的工作環境；
3. 舉辦多元化的健康教育及推廣活動，加強員工的個人健康知識及技巧；
4. 鼓勵員工建立健康的生活習慣，提升員工士氣，加強對企業的歸屬感；
5. 促進企業對建設健康社區的參與及承擔，實踐企業社會責任。

活動 / 推行大綱：

靈實與區內四間企業包括卡樂B四洲有限公司、偉邦物業管理有限公司、啟勝管理服務有限公司及恆益物業管理有限公司合作推行本計劃，內容如下：

1. 成立「健康督導委員會」（4-6/2011）
成員包括企業管理層代表、員工代表及靈實代表，評估員工需要，統籌健康促進活動，並檢視有關政策、工作環境及資源，以尋求改善方案。
2. 健康評估（6-8/2011及7-8/2012）
為員工進行計劃前後的「代謝綜合症初步評估」（包括度高、磅重、量脂肪、量血壓及量腰圍）及健康生活問卷調查。另安排物理治療師，為痛症員工提供腰背 / 肩頸痛評估及提供運動建議。
3. 健康講座及課程（6/2011-9/2012）
主題由督導委員會訂立，由跨專業團隊（包括註冊營養師、物理治療師、護士、中醫師及社工等）負責，以提升員工健康知識及技巧。
4. 持續健康活動（6/2011-9/2012）
透過「每日8,000步」、每日十五分鐘伸展操、每季健康水果 / 花茶及每月健康小貼士等，持續提醒員工建立健康生活習慣。
5. 健康大使培訓（6-7/2012）
為有志參與推廣健康的員工進行培訓，裝備他們替同事進行計劃後之健康評估，並身體力行，於計劃完結後仍鼓勵身邊的同事持續健康生活。
6. 研討會（9/2012）
2012年9月21日在香港中央圖書館演講廳舉辦研討會，透過夥伴企業分享經驗，與本港各行業僱主交流推行健康工作間計劃的心得。

對象 / 受惠者：

區內企業的員工，包括其承辦商聘用在企業範圍內工作的人士。

預期及實際參與人數：

約1,000人。

效益：

- 45% 高危人士[#]的體重指數(BMI)有改善；
- 37% 高危人士[#]的脂肪百分比有所下降；
- 35% 高危人士[#]的腰圍有改善；
- 24% 高危人士[#]的舒張壓和收縮壓均下降；
- 86.3% 員工增加強而有力運動、適度身體活動及 / 或步行時間；

參展項目摘要

65.8% 員工增加水果進食量，或減少進食高糖 / 高脂肪 / 高鈉質的食物；
34% 曾接受腰背 / 肩頸評估及運動建議的員工表示痛症影響他們生活的程度減輕；
100% 健康大使之健康知識或技巧有所提升，願意繼續參與健康推廣活動。

高危的員工人數為 354 人，定義如下：

1. 腰圍 (WC)：男士 >90cm；女士 >80cm 及 血壓 (上壓 / 下壓) (BP)：>130/85 或
2. 身高體重指數 (BMI)：> 22.9 及 / 或 體脂 (%Fat)：男士 >23%；女士 >27% 及腰圍或血壓超標

已達成的目標：

以上五項目標已達成。

總結：

透過成立「健康督導委員會」，計劃團隊可以有效地籌劃切合員工需要的健康活動。委員亦逐漸掌握相關的健康知識及技能，以達至充權 (empowerment) 的策略，有利企業長遠持續推行員工健康計劃。另外，負責統籌活動的員工亦成為工作場所與計劃團隊之間的重要橋樑，協助發放健康資訊及收集同事對計劃的意見，並鼓勵員工積極參與各項活動。而計劃團隊與夥伴企業一直保持良好的溝通及信任，遇到困難時，能積極商討對策，並提供彈性的支援服務。總結經驗，管理層的支持對「健康督導委員會」的持續發展及員工健康計劃的推行有重大的影響。

Project No.: 04110105

Project Title: Up, Up and Be Healthy: A Healthy Lifestyle Campaign for Adults with Down Syndrome and their Caregivers

Administering Institution: Hong Kong Down Syndrome Association

Co-organisation(s):

Institute of Human Performance Active Health Clinic, The University of Hong Kong (HKU)

Project Team Members:

Principal Applicant:

1. Mr David CHENG (Director, Hong Kong Down Syndrome Association)

Professional Consultants:

2. Dr Michael TSE (Assistant Director, Institute of Human Performance, Clinical Director, Active Health Clinic, HKU)
3. Dr Donna WONG (Research Fellow, Sau Po Centre on Ageing, HKU cum Professional Consultant, Hong Kong Down Syndrome Association)
4. Mr Kenneth LIANG (Certified Clinical Exercise Specialist, Instructor, Active Health Clinic, HKU)

Project Manager:

5. Mr Ivan CHIU (Centre-in-charge, Hong Kong Down Syndrome Association)

Project Start Date and End Date:

1 April 2012 to 31 March 2014

Purposes/Objectives:

1. Increase knowledge, skills and self-efficacy of DS adults and caregivers on healthy lifestyle practices;
2. Enhance mutual support, friendship and role modelling in health awareness and lifestyle changes;
3. Build up partnerships across different sectors to promote healthy lifestyle practices for people with DS.

Activities/Programmes:

1. Exercise Intervention Train the Trainer Courses (TRAIN UP): Five courses were organized in three districts with a total of 107 participants including fitness coaches, rehabilitation workers, parents, special education sports teachers, volunteers and students.
2. District Based Physical Fitness Program (TEAM UP): Six physical fitness training classes were held with a total of 95 participants (47 pairs of adults with Down Syndrome and their caregivers) joining the courses.
3. Workshops cum Baseline and Post Training Survey on Health and Lifestyle of People with DS (CHECK UP): Six workshops were organized at the Active Health Clinic of the University of Hong Kong Institute of Human Performance. The pre-training and post-training physical fitness assessment and a health and lifestyle questionnaire were conducted to evaluate the fitness outcomes and lifestyle changes.
4. Award Scheme (NEVER GIVE UP): Awards were given to DS participants with the highest attendance rate, most active participation in class and greatest fitness improvement. Both participants with DS and their caregivers expressed satisfaction and positive health outcomes as a result of joining the fitness training courses.

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Targets/Recipients:

Adults with DS and their family caregivers, NGO program and personal care workers, physical fitness instructors, social workers, special education teachers and volunteers from the community. The project has been launched in three Districts viz. Shatin, Wong Tai Sin and Hong Kong Island.

Expected and Actual Participation:

1. Train the Trainer Courses (TRAIN UP) = 1,236 man hours (1,000 man-hours proposed);
2. District Based Physical Fitness Program (TEAM UP) = 7,144 man-hours (6,144 man-hours proposed);
3. Workshop & Survey on Health and Lifestyle (CHECK UP): 479 man-hours (192 man-hours proposed);
4. Project Award Scheme (NEVER GIVE UP): Awards were presented to those with good attendance and positive lifestyle changes. Participants with DS were involved as health ambassadors.

Benefits Derived:

There was significant improvement in cardiovascular functioning for both DS participants and caregivers in Shatin and Wong Tai Sin, and also caregivers in HK Island as shown by the paired T-test comparison. There was leg muscle improvement for DS participants in Shatin and Wong Tai Sin and also caregivers in Shatin. Participants exercised more frequently and intensively after joining the project. They also perceived themselves in better health conditions and displayed less general health symptoms. Both physical and psychosocial benefits were evident in the project outcomes.

Project Products:

Presentation of project preliminary findings at 2013 World Down Syndrome Congress at Cape Town, South Africa. A Full Report "Up, Up and Be Healthy Project" published and disseminated through the media and Hong Kong Down Syndrome Association Website.

Objectives Achieved:

Positive physical outcomes, exercise habits and continuous healthy lifestyle practices were evident in health assessment, survey and focus group findings. DS participants have both the motivation and ability to maintain their own health and well-being through exercise.

Conclusion:

The project outcomes, however positive and encouraging, were only for a limited duration and number of participants. The implications of the project are mainly to broaden the scope of health promotion and exercise training at the program as well as policy level. The project's successful experience should be extended further to the wider community on a long term basis. As a first step, various stakeholders at the district level, including LCSD, NGOs and parents networks would be engaged to continue the fitness training courses for people with intellectual disabilities. In the longer run, special schools, sheltered workshops and hostels can also incorporate health education and exercise training into their daily programs for people with intellectual disabilities.

As a first step, various stakeholders at the district level, including LCSD, NGOs and parents networks would be engaged to continue the fitness training courses for people with intellectual disabilities. In the longer run, special schools, sheltered workshops and hostels can also incorporate health education and exercise training into their daily programs for people with intellectual disabilities.

Project No.: 22080054

Project Title: Healthy Living Starts from Me 「健康生活由我做起」

Administering Institution: Community Drug Advisory Council

Project Team Members:

1. Grace LI (Deputy Agency Head, Community Drug Advisory Council)
2. WONG Po-man (Agency Head, Community Drug Advisory Council)

Project Start Date and End Date:

1 March 2009 to 31 August 2010

Purposes/Objectives:

1. To raise students' awareness in the importance of healthy and balanced diet;
2. To increase students' knowledge of how to keep a healthy and balanced diet, with particular emphasis on consuming five portions of fruit and vegetables a day;
3. To raise students' awareness of their own attitudes towards tobacco and drug misuse;

參展項目摘要

4. To increase students' knowledge of the adverse effects of smoking and drug misuse;
5. To help students develop proper attitudes towards drug use;
6. To develop students' skills in making well-informed decisions;
7. To train a group of primary 4 to 6 students Health Ambassadors with the necessary knowledge and skills to spread the message of "healthy living" at schools.

Activities/Programmes:

Class-based / Form-based health educational programs:

1. Give me Five – introduction of the concept of a holistic health approach to life and how to maintain a balanced diet;
2. Smoking – Cool? – introduction of the harmful consequences of smoking, and encourage participants to make well-informed decisions;
3. SMART KIDS – say KNOW to Drugs – focus on the harmful consequences of drug misuse and help participants develop proper drug use attitudes.

Targets/Recipients:

Primary school students

Expected and Actual Participation:

Number of educational programs (Expected / Actual)	: 200 / 212
Number of participants (Expected / Actual)	: 13,000 / 44,977
Number of health ambassadors training (Expected / Actual)	: 48 / 50
Number of health ambassadors trained (Expected / Actual)	: 100 / 190
Number of school campaigns (Expected / Actual)	: 8 / 9
Number of participants at school campaigns (Expected / Actual)	: 2,000 / 4,820

Benefits Derived:

1. Over 90% of the students expressed that they would adopt a healthy way of living style;
2. Over 90% of the students expressed that they would say "No" to smoking;
3. Over 90% of the students expressed that they would use drugs properly;
4. 190 Health Ambassadors were trained and assisted in promoting the "Healthy Living" message at schools; 9 school campaigns were held serving 4,820 students;
5. 3 exhibition boards and 3,000 education booklets were published and are currently still being used by parents/teachers to reinforce the "Healthy Living" message.

Project Products:

1. 3,000 booklets titled 《健康日誌 - 初小健康生活教育手冊》 (Healthy Living Education Booklets for Lower Primary School Students) were published;
2. 3 sets of exhibition boards were produced;
3. 5,500 souvenirs were produced.

Objectives Achieved:

All of the objectives were achieved:

1. More than 90% of the participants showed increased awareness of their attitudes towards the topics discussed in the project;
2. More than 90% of the participants showed a positive change in their knowledge level of the topics discussed in the project;
3. More than 95% of the participants showed that the program facilitated them in making well-informed decisions;
4. More than 90% of participants were satisfied with the program;
5. 100% of the teachers were satisfied with the program and found the program useful.

Conclusion:

1. The project was extremely successful as all the expected targets were achieved;
2. The success of the project implied that there was a high demand for this type of education among lower primary students;
3. The project assisted in identifying the service need to extend health education programs to English speaking schools and organizations which serve children (e.g. community centers and churches).

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計劃編號：23090114

計劃名稱：「活著有您 愛我別“酒”」

主辦機構：香港聖公會麥理浩夫人中心

計劃成員：

嚴詠兒（香港聖公會麥理浩夫人中心 社區健康促進服務部主任）

計劃開始及完成日期：

2010年4月1日至2011年3月31日

目的 / 目標：

1. 喚起社區人士對青少年飲酒越趨年輕化，以及由「接觸酒精」發展至「過量飲酒」甚至「酗酒」情況的關注；
2. 提昇青少年對飲酒帶來的禍害之認知，並發掘社區上已有酗酒習慣的青少年，轉介至適切服務跟進；
3. 教導青少年以正面積極的方法處理困難及負面情緒，避免以酒精逃避現實，學習自愛遠離酒精的目標，實踐健康人生；及
4. 製作小錦囊，教育社區人士不同的飲酒模式對個人生理、心理及社交各方面的影響；以及酒癮所帶來的健康危機。

活動 / 推行大綱：

1. 「愛我別“酒”」社區巡迴教育講座（2010年6月至2011年3月）
2. 「活著有您」健康人生正能量社區巡迴推廣（2010年10月至2011年3月）
3. 「愛我別“酒”」加添正能量錦囊（2010年11至3月）
4. 「活著有您」加添正能量防癮網頁（2010年12月至2011年3月）

對象 / 受惠者：

1. 荃葵青區中小學生及其家長；
2. 荃葵青區社區人士。

預期及實際參與人數：

預期參與人數：14,000；實際參與人數：14,765

效益：

1. 根據完成講座後參加者獲安排填寫的問卷，37%青少年表示曾經飲酒，其中63%更是在小六或以前第一次嘗試飲酒，可見青少年從小學已開始飲酒，不再是學校或家長所以為，飲酒是中學階段的問題，成功喚起社區人士對青少年飲酒越趨年輕化，以及由「接觸酒精」發展至「過量飲酒」甚至「酗酒」情況的關注。
2. 調查同時發現，51%青少年認為自己喝酒時間不長，故相信自己不會成為酗酒者；33%青少年認為與毒品相比，飲酒不是什麼大問題，最壞的後果只是醒來後有頭疼之類的問題，可見青少年對飲酒帶來的禍害缺乏正確的認知，故從小進行社區教育有助青少年認識飲酒的禍害。參與教育講座後曾飲酒的青少年，92%表示會或考慮戒酒，顯示社區教育有助鼓勵曾飲酒的青少年盡早戒酒。
3. 計劃成功喚起社區人士對預防酗酒及定期進行運動的重要性，不少人士願意主動學習及了解。經過多次在荃灣、葵青區進行社區巡迴推廣及派發『「愛我別“酒”」加添正能量錦囊』，宣揚酗酒的害處及其他相關健康資訊。每次活動後，機構多次收到查詢電話，除了查詢有關戒酒的資訊外，亦有不少人查詢有關個人健康的保健知識，可見此宣傳方法已成功引起社區人士對個人健康的關注。此外，亦有不少地區團體主動來電，要求索取額外的『「愛我別“酒”」加添正能量錦囊』，可見計劃得到同業的認同，並成功提昇社區人士對酗酒問題的關注，達致原定的目標。
4. 透過巡迴教育講座及出版『「愛我別“酒”」加添正能量錦囊』，教導青少年及社區人士以正面積極的方法處理困難，同時亦可進行適量的運動以抒發負面情緒，避免以酒精逃避現實，實踐健康人生。
5. 成功完成製作『「愛我別“酒”」加添正能量錦囊』，集結不同的飲酒模式對個人生理、心理及社交各方面的影響；以及酒癮所帶來的健康危機，教育社區人士認識飲酒對健康的危害，從而喚起社區人士的關注。

計劃製成品：

『「愛我別“酒”」加添正能量錦囊』及教育單張。

已達成的目標：

全部目標均已達成。

總結：

1. 巡迴教育講座以生動活潑形式講解，令學生更易於明白及將預防酗酒的訊息銘記於心。講者（醫生）除了從醫學角度講解飲酒的害處外，同時加入魔術表演，以生動活潑的形式提醒學生飲酒帶

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- 來的不良後果，令參加者對飲酒問題有更深刻的記憶，亦為講座增加趣味性，提昇參加者的投入感。
2. 以輕鬆有趣的形式有效喚起社區人士對預防酗酒問題的關注
社區巡迴推廣以攤位遊戲、舞台表演、健康資訊展覽及免費健康諮詢等不同形式，教育社區人士飲酒帶來的不良後果，成功吸引不同年齡人士參與活動，同時可進一步了解個人健康狀況，增加活動吸引力，把預防酗酒的概念能更有效地向不同年齡人士推廣。
 3. 朋輩對飲酒的態度深深影響著青少年對飲酒的態度
根據問卷調查顯示，青少年的朋輩有飲酒習慣，直接或間接促使青少年染上飲酒習慣。故除了家長要自我反省，自己及青少年遠離酒精外，亦要小心青少年誤交損友，從而學習飲酒。

Project No.: 24100494

Project Title: "Health in One World" Health Act On Project for South Asian

Administering Institution: HKSKH Lady MacLehose Centre

Project Team Members:

1. LAM Sun-wai (Project Officer, HKSKH Lady MacLehose Centre)
2. NG Kwan-lim (Project Officer, HKSKH Lady MacLehose Centre)
3. Tayeba NAZIR (Program Worker, HKSKH Lady MacLehose Centre)

Project Start Date and End Date:

1 April 2011 to 31 March 2013

Purposes/Objectives:

1. Cast the South Asian community's attention towards the importance on health and diseases prevention;
2. Raise the importance of physical and mental health to South Asian community;
3. Encourage the South Asian community to sustain a healthy and positive livelihood;
4. Establish a mutual supportive network among the South Asian community for the enhancement of community health knowledge.

Activities/Programmes:

1. South Asian Health Care Ambassador (04/2011-12/2011)
Recruited 24 South Asian female health care ambassadors through various of events and promotions.
2. Train the trainer program for South Asian (06/2011-01/2012)
Trained ambassadors for the promotion of health messages to the South Asian residents with a series of events.
3. South Asian Health Alliance (11/2011-08/2012)
Invited professionals from medical, academic and social welfare fields to become the committee members of the South Asian Health Alliance.
4. South Asian Health Alliance Meetings (12/2011-2/2013)
The committee members raised opinions and allied professional parties for the smooth run of scheme.
5. "Health Without Borders" Health Service Project (11/2011-03/2013)
Provided different health services and co-worked with different communal parties in order to boost the health-care awareness.
6. "Good Health - Power Up" Community Project (12/2011-02/2013)
Organized mass events for reaching the South Asian residents and spreading knowledge about healthy diet as well as physical and mental health.
7. "Nutrition and Beauty" Educational Project (01/2012-02/2013)
Drew the South Asian residents' attention on healthy diets through educational events.
8. "Strive for Good Health" Community Promotion Project (01/2012-02/2013)
Organized series of health events like workshops to enhance the South Asian residents' knowledge about physical and mental health.

Targets/Recipients:

South Asian Communities in Tsuen Wan, Kwai Chung and Tsing Yi Districts.

Expected and Actual Participation:

The achievement of this scheme was over-expected, in term of both the number of benefited participants as well as the events organized. This scheme was a success in promoting health-care message and establishing mutual support network. Throughout the scheme, we successfully allied 17 professionals from different fields, 6 professional parties and 25 undergraduate students, who were majored in health and sport science. They did a great work in providing valued opinions and ensuring the smoothness of every health-care services. With the



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over-achieved outcomes, health-care messages were successfully spread in the community.

Benefits Derived:

Estimated number of participant : 4,800 (Number of participation frequency)

Actual number of participant : 5,500 (Number of participation frequency)

Project Products:

Calendar cards (Design based on the winning health slogan and coloring competition's art pieces)

Objectives Achieved:

The scheme successfully raised the awareness among the South Asian community in the matter of health and diseases prevention concepts. It also helped them acquiring knowledge about physical and mental health, and encouraging them to begin a healthy and positive living habit. This scheme created a platform nurturing a mutual-support network among the South Asian community, in a long run, awareness of health-care can be fostered and pass-on.

Conclusion:

1. Raise awareness among the South Asian community on health-care and prevention of diseases
Through cooperation with different parties, schemes like South Asian Health Alliance and South Asian Health Care Ambassador and also different activities and events such as talk on female common diseases, student hygiene, sports health and work safety were organized in response to the needs of South Asian community. From the feedbacks collected, South Asian participants were satisfied with the scheme, especially on the topics about female disease prevention and mental health problem. They did concern a lot on the health of themselves and their family. It could be known in the active response in most of the event's Q&A session. We believe participants were able to learn more about health issues and disease prevention through our scheme.
2. Introduce the importance of physical and mental health
Through organizing health events, like work safety talk and yoga class, the guest speakers and tutors would share the benefit of monitoring physical and mental health. Since most of the South Asian women showed their concerns in mental health and pressure, the scheme was able to provide in-depth information for them.
3. Encourage to sustain a healthy and positive living habit
Through different healthy lifestyle promotion, such as "Healthy Cooking & Fitness Class" and "Healthy Family Day Camp Program", the participants were encouraged to work better on exercise and diet. The participants were also interested in sports health, balance diet and health checking. Some participants started exercise more and cook healthily after joining this scheme.
4. Enhance the participants' knowledge in health-care concept
By promoting and sharing, public was gradually aware of the needs of the South Asian community. With the support from related professional parties, college students and volunteers, South Asian Health Alliance and South Asian Health Care Ambassador were formed to organize diverse services. The Alliance and the Ambassadors were passionate in this scheme and they provided as many assistants as they could. For instance, they introduced network and helped promoting physical and mental health knowledge. These all could benefit the future development of social health promotion.

Project No.: 25110294

Project Title: Healthy Lifestyle through SMS among Ethnic Minorities in Hong Kong

Administering Institution: United Christian Nethersole Community Health Service; Preventive Medicine and Clinical Services Department

Supporting- organisation(s):

1. Caritas Tuen Mun Marden Foundation Secondary School
2. Christian Action
3. Hong Kong Christian Service
4. Hong Kong Intergraded Nepalese Society
5. International Social Service Hong Kong (ISS)
6. Satya Sai Baba Centre, Tsim Sha Tsu
7. Sikh Temple, Wanchai
8. Tin Sui Wai Pakistani Welfare Association
9. Yau Ma Tei Kaifong Association School
10. Yuen Long Town Hall (Chomolongma Multicultural Community Centre)

參展項目摘要

Project Team Members:

1. Sharmila GURUNG
2. Joyce TANG Shao-fen
3. Shoba RA
4. Nikki Gale REGENCIA

Project Start Date and End Date:

1 April 2012 to 31 March 2013

Purposes/Objectives:

To improve healthy lifestyle behavior through short SMS health promotion messages in their native languages among the ethnic minority Community in Hong Kong.

Activities/Programmes:

1. Collaboration with community group and organization serving ethnic minorities;
2. Collection of consent for willingness to received SMS;
3. 6 text messages was selected which focused on 1) healthy bodyweight, 2) healthy diet, 3) exercise habit, 4) knowledge on healthy waistline, 5) effects of the consumption of ghee, 6) children's healthy lunch box;
4. The SMS was translated in 3 ethnic languages, Hindi, Nepali and Urdu;
5. Up to 30 SMS were send within 10 months (6 core messages was repeated up to 6 times).

Targets/Recipients:

At least 600, Hong Kong resident Ethnic Minority community (mainly Indian, Nepalese, Pakistani, Bangladeshi and others are welcome) men and women.

Expected and Actual Participation:

Expected – 600 people, 12,000 times SMS

Actual – 728 people, 32,934 times SMS (more SMS had to be send, due to failure delivery and need for bilingual SMS)

Benefits Derived:

Change in health behaviour and healthy actions.

Project Products:

1. Consent forms for willingness to receive SMS;
2. SMS health promotion message;
3. Measuring tape for waistline.

Objectives Achieved:

640 people received 9-30 SMS within 10 months period. In total 32,934 SMS health promotion messages were delivered. After comparison to baseline, it was absorbed that 31% had increased exercise habit compared to baseline (doing 30 minutes each time, 3 or more times per week), 56% were aware of the healthy waistline. There was 26% increase in consumption of fruits and vegetable per day.

Conclusion:

It is evident that there is a need of health promotion amongst the ethnic minority community and our SMS project has identified that such technology based health promotion is acceptable and adoptable in Hong Kong's ethnic minority population.

Recommendations:

This is a first of this type of project, therefore adequate resources should be allocated in expanding such health promotion interventions. Thus more advanced SMS technology could be used as a toll for health promotion in enabling people to increase control over their own health.

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Project No.: 25110534

Project Title: A Hong Kong adolescent alcohol control programme using simple and innovative methods to reach adolescents and parents

Administering Institution: The University of Hong Kong

Project Team Members:

1. Dr HO Sai-yin (Associated Professor, School of Public Health, The University of Hong Kong)
2. Ms AU Wing-man (MPhil graduate, School of Public Health, The University of Hong Kong)
3. Dr WANG Man-ping (Assistant Professor, School of Nursing, The University of Hong Kong)
4. Dr Pamela TIN Sze-pui (PhD graduate, School of Public Health, The University of Hong Kong)
5. Ms HUANG Rong (PhD student, School of Public Health, The University of Hong Kong)
6. Prof LAM Tai-hing (Sir Robert Kotewall Professor in Public Health, School of Public Health, The University of Hong Kong)

Project Start Date and End Date:

1 July 2012 to 30 September 2013

Purposes/Objectives:

To promote alcohol control among Chinese secondary school students and their families.

Activities/Programmes:

An initial survey in 4 schools and telephone interviews in 40 families (parents and students) were conducted to inform the design of an interactive health talk and a pamphlet with feedback form on alcohol control. The health talks were conducted by public health professionals in secondary schools and pamphlets were distributed to students in 2012-13. The effectiveness of the programme was evaluated by questionnaire surveys before and after the programme in 7 schools.

Targets/Recipients:

The targets were 32,000 Chinese students from 40 secondary schools and their family members.

Expected and Actual Participation:

The pamphlets were distributed to the targeted 32,000 students in 53 secondary schools, including 10,315 students in 28 schools who also received the health talk. A total of 6,686 feedback forms from 51 schools were received with 5,667 (84.8%) student-parent pairs completing a family contract on alcohol control. Four schools (2,200 students) participated in the initial survey and 40 families were interviewed before the programme. Seven schools completed the evaluation questionnaire before (3,349 students) and after (2,933 students) the programme.

Benefits Derived:

After the programme, students' knowledge and perceptions about alcohol improved. Drinking intentions in drinkers decreased. In the post-test, most students agreed that the following goals of the programme were achieved: (1) students learned that alcohol drinking is harmful to health (88.9%), (2) provided an opportunity to discuss with parents on alcohol (56.5%), and (3) students were reminded to drink less (80.1%). Anti-drinking communications among family members increased after the programme. Most (84.8%) families receiving the programme completed a contract on family alcohol control between the parents and student.

Project Products:

The pamphlets and health talks that promote alcohol control among local secondary school students.

Objectives Achieved:

The overall objective of promoting alcohol control among Chinese secondary school students and their families was achieved.

Conclusion:

Our programme has shown the need and feasibility of school-based alcohol control brief interventions in Hong Kong secondary schools to reach large number of students and their families. Some favourable immediate effects on the students and parents were observed. We hope the present programme will trigger more interest in adolescent alcohol control research and interventions using innovative approaches. Alcohol control is a long-term public health challenge which requires concerted efforts from different sectors with strong policy support from the Government.

參展項目摘要

Project No.: 26120054

Project Title: Promoting the health of adults with intellectual disabilities (ID)

Administering Institution: The Nethersole School of Nursing, The Chinese University of Hong Kong

Co-organisation(s):

Conducted in the Hong Chi Association

Project Team Members:

1. Dr LAM Lai-wah (Professional Consultant, The Nethersole School of Nursing, The Chinese University of Hong Kong)
2. Prof Diana LEE Tze-fan (Chair Professor of Nursing, The Nethersole School of Nursing, The Chinese University of Hong Kong)

Project Start Date and End Date:

1 April 2013 to 31 March 2014

Purposes/Objectives:

Purpose:

To promote the health of community adults with ID.

Objectives:

1. Conduct health checks for adults with ID to identify unrecognized health problems;
2. Enhance the knowledge of adults with ID about the potential complications of obesity, poor nutrition and physical inactivity;
3. Empower adults with ID to adopt a healthier lifestyle through consuming a healthy diet and engaging in physical activities;
4. Identify participants with undetected health problem for seeking timely medical consultation.

Activities/Programmes:

Health promotion activities, which included one health screening test and one health education programme, were conducted in 4 individual workshops providing sheltered employment for adults with mild to moderate ID (addressed as trainees). In the health screening test, the participant's blood pressure, pulse rate, body weight, body height, body mass index (BMI), waist circumference, and hip circumference were taken. Random capillary blood glucose, total blood cholesterol and urine for glucose, protein and red blood cell were tested. The results were explained to individual participants and their carers if present and the health report was given to them with appropriate lifestyle changes recommended. A collective report indicating participants with deranged screening results was presented and explained to individual workshop's designated social worker for notifying the participant's carer to take necessary follow-up actions. All trainees, family carers and workshop staff were invited to join the health education programme. The education programme comprised three 1.5-hour sessions and the topics were "Possible complications of obesity, poor nutrition and physical inactivity", "Choosing a healthy diet" and "Doing exercise for better health". Health related information sheets and pamphlets were distributed to the participants. Posters on "Obesity kills", "Food pyramid", "2 plus 3 a day" and "Lift? Who cares? Take the stairs" collected from the Department of Health were posted in the participants' working place and/or the workshop's canteen to raise people's concern about these issues.

Targets/Recipients:

Adults with mild to moderate ID working in the 4 sheltered workshops of the Hong Chi Association.

Expected and Actual Participation:

A total of 397 (91.3%) trainees participated in at least one of the health promotion activities, which is higher than the expected response rate of 80%.

Benefits Derived:

1. The major contribution of the project was the identification of 41 trainees with unrecognized health problems. Of the 332 (76.3%) trainees joining the health screening test, 16 were found to have undetected high blood pressure, 22 with high blood glucose level, and another 3 had deranged results on both aspects. The cholesterol level of 8 trainees was very high (> 6.2 mmol/L). They were recommended to seek prompt medical consultation. A total of 170 (51.2%) trainees had a BMI ≥ 25 , which indicated that they were moderately to severely obese. They were encouraged to adopt a healthier lifestyle through consuming a healthy diet and engaging in physical activities.



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2. A total of 281 (64.6%) trainees attended the health education programme. Their knowledge level about obesity, diet and physical activities had significantly increased after attending the education sessions.
3. The workshop staff found the health education sessions relevant to their trainees and themselves as well and empowered them to reinforce the trainees to adopt a healthier lifestyle.

Project Products:

The health education programme was video-taped to produce a DVD with copies sent to the workshops for retention and delivery to trainees who had access to DVD players or computers.

Objectives Achieved:

The purpose and objectives of the project were fully achieved.

Conclusion:

This project successfully identified trainees with unrecognized health problems to seek timely medical consultation and created an atmosphere of adopting a healthier lifestyle in the workshops.

The findings of this project provided insights to policy makers about the health needs of this vulnerable group of people in the community.

Project No.: 26120324

Project Title: Healthy Helpers- Healthy Homes

Administering Institution: United Christian Nethersole Community Health Service; Preventive Medicine and Clinical Services Department

Co-organisation(s):

1. Christian Action
2. International Social Service
3. Mission for Migrant Workers
4. Nepalese Migrant Workers
5. Coalition for Indonesian Migrant Workers
6. Philippine Consulate
7. Indonesian Consulate
8. Equal Opportunity Commission

Project Team Members:

1. Sharmila GURUNG
2. Joyce TANG Shao-fen
3. Asma BATOOL

Project Start Date and End Date:

1 March 2013 to 31 March 2015

Purposes/Objectives:

To improve health and safety of Hong Kong household through healthy helpers (increase health literacy on mental health, hygiene and nutrition).

Activities/Programmes:

1. Extensive collaboration with community group and organization serving domestic helpers;
2. Community based health talks focusing on mental health, hygiene and nutrition;
3. Face -face peer education;
4. Health newsletters;
5. Souvenir with health messages.

Targets/Recipients:

1. Hong Kong domestic helpers (mainly Filipino, Indonesian and Thai);
2. Age=>18 years (men and women).

Expected and Actual Participation:

Expected – 1) 20 talks with 1,000 attendance, 2) 3,000 face to face education
Actual – 1) 25 talks with 1,014 attendance, 2) 3,446 face to face education

參展項目摘要

Benefits Derived:

Change in health behaviour.

Project Products:

1. Health newsletter;
2. Souvenir with health message.

Objectives Achieved:

25 health talks with 1,014 attendance were provided, 3,446 people were reached through face to face peer education, 3 series of multilingual health newsletter were produced. Following the health talk there was 43% knowledge improvement on 78% of the attendees. In the follow up call 57% demonstrated improvement on mental health first aid skill, 63% had improvement on basic first aid and safety knowledge, 7% increase in knowledge on hygiene practice.

Conclusion:

This health promotion intervention has identified gap in mental health awareness amongst the domestic helper in Hong Kong. In addition Erwina's case came in highlight in the midst of this project and the domestic helpers raised concern that there is a need for better protection of the psychosocial need of domestic helpers including the mental health and safety.

Recommendation:

A mental health project alone cannot address the root causes leading to mental distress of the foreign domestic helpers. A far more tolerant society which embraces diversity is essential for Hong Kong to live up to its brand as a "World City". Such as culturally specific health promotion intervention amongst the domestic helpers, more tailor made health services to address chronic disease amongst the migrant workers as many live in Kong Hong for a long duration.

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Project No.: 03100215

Project Title: 'MIND EASY': An Innovative Web-based Self-Help Programme for Young People Impacted by Mild Depression or Anxiety

Administering Institution: New Life Psychiatric Rehabilitation Association (NLPRA)

Co-organisation(s):

Department of Psychology, The Chinese University of Hong Kong

Project Team Members:

1. Ms Sania YAU Sau-wai (Chief Executive Officer, NLPRA)
2. Prof Winnie MAK Wing-sze (Associate Professor, Department of Psychology, The Chinese University of Hong Kong)
3. Ms Jessica TANG Pui-shan (Professional Service Manager, NLPRA)
4. Ms Shirley WONG Kin-wai (Manager (Public Education), NLPRA (up to August 2012))
5. Ms Edith YUNG Ka-shuen (Public Education Officer, NLPRA (from September 2012))

Project Start Date and End Date:

1 February 2011 to 31 January 2013

Purposes/Objectives:

1. To create a sustainable web-based public platform on promoting youth mental health and alleviating stigma associated with mental health problems;
2. To provide a convenient, free and interactive self-help tool and coping skills for prevention of and early intervention on mild mental health problems for the young generation;
3. To enhance the awareness on positive mental health and improve the help-seeking behavior towards mental health problems among young people;
4. To provide resources for families, teachers, youth workers and mental health practitioners in rendering self-help support for mental health care.

Activities/Programmes:

Web-based Cognitive Behaviour Therapy (WCBT) contents included:

1. Step-by-step guidance and information of WCBT as outlined in the proposal;
2. Games about the perception of depression and anxiety on the entry page;
3. Fun exercises or worksheets throughout the five modules;
4. Examples to help the users identifying their negative thoughts, demonstrating methods on how to dispute unhelpful thinking patterns and learning new skills to think and respond positively;
5. Quiz at the end of each module to allow users checking what they have learnt from the modules and exercises;
6. Community resources and useful links provided or popped up to encourage the users to seek help for risk conditions.
7. The themes of modules are as follows:
 - Module 1: Understanding emotions and CBT
 - Module 2: Knowing thinking errors
 - Module 3: Beating unhealthy thoughts and beliefs
 - Module 4: Stress management to enhance personal wellness
 - Module 5: Problem solving

The Seminar on "Opportunities and Challenges of the Web-based Youth Mental Health Promotion cum Launching Ceremony of MIND EASY" (i世代與青少年精神健康服務前瞻) was held in 2011. It introduced the new online CBT programme and aroused public awareness on the promotion of youth mental health via social media and on-line platform.

"Mind Care" talks and classroom trainings for 25 secondary schools were conducted.

Targets/Recipients:

1. Young people aged 12-24:
 - Students from secondary school, institutes and universities;
 - Working youth and young people who are unemployed;
 - Young people impacted by mild anxiety or depression.
2. People who wanted to help young people coping with mental health challenges:
 - Teachers, social workers, and workers working with youth, families and parents.

參展項目摘要

Expected and Actual Participation:

Expected number of participants : 2,200

Actual number of participants : 2,247

Benefits Derived:

1. Depression and anxiety level improved 23% and 46% respectively;
2. Public stigma towards mental illness enhanced 31%.

Project Products:

MIND EASY Website

Objectives Achieved:

As research found that mental health awareness and knowledge were significantly improved after these young people had gone through the website, this project has achieved the objectives of being a useful self-help tool for early detection among young people via web-based intervention.

Conclusion:

The use of web-based intervention was an effective means to promote youth mental health through useful resources and practical CBT approach. The young people have been educated on the knowledge and skills of CBT, stress management as well as understanding of mental disorders. The rich and supportive information of the website has demonstrated its effectiveness in facilitating the self-help behaviours among the young people. Moreover, CBT approach seemed to be an effective and systematic tool for mental health education and promotion among the youth who could learn the self-help skills step-by-step through clear instructions. Generally, the youth have improved their awareness of mental health.

計劃編號 : 04110045

計劃名稱 : 西貢長者精神健康快遞服務

主辦機構 : 西貢區社區中心

協辦機構 :

浸信會愛羣社會服務處

計劃成員 :

1. 陳艷清 (註冊社工)
2. 蘇卓生 (活動工作員)

計劃開始及完成日期 :

2012年6月1日至2013年6月30日

目的 / 目標 :

1. 動員社區資源，及早識別於西貢鄉郊區六十歲或以上患有早期情緒病症之長者；
2. 為確診患有早期情緒病症的長者提供早期介入服務，預防長者抑鬱症、焦慮症之發生；
3. 聯絡社區組織在西貢區內進行廣泛的社區教育，讓長者及社區人士及早認識及關注長者精神健康問題、相關病徵及預防方法。

活動 / 推行大綱 :

本計劃透過推行義工訓練、長者精神健康簡易測試、對初步懷疑個案進行深層次評估、轉介服務、社區支援計劃、社區教育、功能訓練計劃等手段，從識別、介入、預防等三個方面關顧區內長者情緒健康問題。

對象 / 受惠者 :

居住西貢區 60 歲或以上的長者，懷疑受情緒困擾或患有早期情緒病的長者。

預期及實際參與人數 :

預計接受服務人數為 800 人，實際參與人數基本達標。

效益 :

1. 透過講座、探訪、自組活動及宣傳手法，對社區內居民進行長者精神健康教育，令有需要的社區人士及早求助。
2. 為長者進行情緒健康簡易測試，發掘有情緒困擾之個案，同時為其家屬提供適切的支援和轉介服務；
3. 透過興趣小組及定期探訪，為長者建立恆常的活動及運動習慣，減輕痛症，有效舒緩長者情緒困擾；
4. 建立西貢鄉郊長者健康資料庫，用作日後跟進、交流及合作的服務發展工作；

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5. 提供義工訓練令部分本土家庭婦女獲得專業護老知識，有助其了解長者的困擾及情緒問題，營造更和諧家庭生活；
6. 拓寬計劃義工之視野，提升其溝通技巧及生活能力；
7. 協同區內鄉村、學校及企業集團三方力量，分別提供場所、推進社區教育及提供義工人手等，增進社區協作效益；
8. 建立有效跨界別合作模式，聯合醫管局老人精神科速治服務九龍醫院提供評估及醫療服務。

計劃製成品：

刊物：

1. 西貢長者精神健康快遞服務—計劃簡介小冊子
主要介紹計劃內容、服務理念、對象、手法等信息，讓西貢區居民快速簡明地明白計劃服務內容，同時羅列常見情緒病，引起公眾關注。
2. 西貢長者精神健康快遞服務—服務簡介及常見情緒病之預防方法及快速測試小冊子
除了強調計劃流程及服務內容外，重點提供兩個最常見情緒病—抑鬱症及腦退化症之預防方法及快速測試，有利於居民及早辨別自己及家人的情緒問題。

已達成的目標：

計劃內推行的 12 個項目當中，有 9 個項目的參加人次及舉行節數都達到預期目標。其中有 2 個項目達預期節數，但參與人數未達預期，包括長者興趣小組及功能訓練小組。興趣小組方面，由於部份長者因個人活動能力而未能定期出席參與，而另一方面部份長者對提供之班組不感興趣，因而令出席人數比預期少。另外，功能小組訓練方面，則經評估後，需要此服務之長者較預期為少，所以令參與人次未能達標。有 1 個項目長者情緒健康轉介服務，則參加人數及節數都未達致預計，主要未能達標之原因為發拓之個案較預期為少。正因如此，本計劃已用有限資源為超額為長者進行情緒健康簡易測試，務求發拓更多新個案。

總結：

推行是項計劃，讓我們發現普遍人士只會關心長者的身體健康問題，對長者情緒健康較少關注。另外，雖然普遍鄉郊長者的情緒都較為健康，這可能與他們生活環境較富裕，亦較容易獲得左鄰右里的親朋照顧有關。同時我們亦發現慢性疾病是他們生活最大的危機，我們擔心慢性疾病可導致嚴重併發症，令長者永久安喪失活動能力，造成情緒及生活壓力。因此，我們認為有必要成立以展外鄉郊長者健康服務隊，更快捷有效地為長者提供健康照顧，監察長者健康情況、改善長者不良生活及飲食習慣、提供適當運動肢體訓練、減慢病情惡化的速度，提昇長者晚年生活質素。藉以減輕院舍及常規醫療服務的壓力。

Project No.: 22080114

Project Title: Put Up Your New Glasses – Stigma Reduction Towards Mental Health Problems among Young Generation

Administering Institution: New Life Psychiatric Rehabilitation Association

Co-organisation(s):

Department of Psychology, The Chinese University of Hong Kong

Project Team Members:

1. Ms Sania YAU Sau-wai (Chief Executive Officer, New Life Psychiatric Rehabilitation Association)
2. Prof Winnie MAK Wing-size (Associate Professor, Department of Psychology, The Chinese University of Hong Kong)

Project Start Date and End Date:

1 July 2009 to 13 April 2010

Purposes/Objectives:

1. To educate young people on the concept of holistic health and to reduce stigma associated with mental health, thus enhance their awareness and improve help-seeking behaviour towards mental health problems;
2. To support young people to disseminate positive attitude in facing mental health problems;
3. To create a sustainable public platform to promote youth mental health and alleviate stigma on mental health problems;
4. To provide resources for teachers, social workers and youth workers in mental health education and programme implementation.

參展項目摘要

Activities/Programmes:

1. "We are the Same" Interactive Learning in Eco-Tour (「我們都一樣」- 互動農場體驗之旅)
The tour was a 3-hour programme disseminating the message on holistic health and stigma reduction towards mental health problems. The package included a short talk, thematic Eco-Tour activities, a video show and sharing from people in recovery. The tours were held in New Life Interactive Farm of the Association, which was the first of this kind to provide mental health education to the general public via Eco-Tours.
2. Health Link Green Club
8 secondary schools have established a "Health Link Green Club" in their schools in the academic year 2009/2010. The Club aimed to expand the student's knowledge on mental health and integrate their learning through school activities. Each Club was jointly run by the project worker and the teachers / social workers of the school.
3. Website on Youth Mental Health
A website was set up on normalization of mental health related problems among the young people.
4. "Youth Mental Health Resource Kit"
1,000 sets of manual were produced and distributed to secondary schools and youth centres.

Targets/Recipients:

1. Young people – Students from secondary schools and members of youth centres;
2. Teachers, social workers and other youth workers.

Expected and Actual Participation:

Expected Participation : 1,200
Actual Participation : 1,626

Benefits Derived:

Participants' level of public stigma towards people in recovery had significantly decreased from 2.83 to 2.59.

Project Products:

《「精」明「神」探》青少年精神健康教育資源套
"Outcomes Study of School Programmes for Stigma Reduction and Mental Health Promotion"
An article published in the Journal of Youth Studies, The Hong Kong Federation of Youth Groups

Objectives Achieved:

All objectives stated in the project were achieved.

Conclusion:

Throughout this project, teenagers have been educated on the concept of holistic health and mental disorders through different means, like interactive activities or website, with the facilitation of their teachers or social workers. As observed in the programmes of "We are the Same" Interactive Learning in Eco-Tours and Health Link Green Clubs, awareness of the participants on mental health and mental disorders has been enhanced by knowing more about the concept of related topics and having direct contact with people in recovery. To most of them, it was the first encounter with people in recovery and students understood more about their needs. They revealed their feelings and understanding of "we are the same" in the sharing sessions. For the Health Link Green Clubs, even though the outcome was not significant due to the limitations of the intervention, it was encouraging to see that the participants have taken the initiative to share their learning and experiences with people in recovery to their peers and to spread out the messages about positive mental health and stigma reduction through organizing promotional projects in their schools such as presentations during assemblies, display boards, videos or website.

計劃編號 : 22080824

計劃名稱 : 中學生心理健康推廣及體驗計劃

主辦機構 : 香港心理衛生會

計劃成員 :

1. 黃南輝 (教育主任)
2. 余利玉 (教育主任)

計劃開始及完成日期 :

2009年8月16日至2011年3月19日

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目的 / 目標：

1. 促進中學生對心理健康的認識及關心；
2. 透過鼓勵中學生參與心理健康相關的體驗活動及義工服務，提升他們對智障人士 / 精神病康復者的接納；
3. 培訓及推動中學生在校園內推廣心理健康教育。

活動 / 推行大綱：

計劃分成 3 部分：

1. 為中學生推行心理健康講座並為校內的老師進行精神健康急救培訓；
2. 培訓有興趣的學生成為心理健康大使，組織及協助他們參與社區康復單位進行體驗及服務；
3. 組織及協助心理健康大使在其所屬的學校內推行心理健康計劃。

對象 / 受惠者：

對象及受惠者主要為中學生，其次為參與學校的老師，再其次為心理健康大使所探訪 / 服務機構的服務使用者。

預期及實際參與人數：

預計參加人數為 2,304 人，而實際參加人數為 8,513 人。

效益：

實際參與的人次為 8,513 人，其中參與講座的人數最多，比原先預計的 1,200 人超出近 6 倍。校內心理健康的推廣活動的參加有近 1,600 人，比原先預計的 600 人多了近 1,000 人。在參與義工體驗計劃方面，有 4 間學校參加了 2 次（一般是一次的）體驗及義工服務。參加計劃的學校均表示如果時間能配合，願意參與本會於日後舉辦的心理健康推廣活動，其中有 5 間中學更參加在那一年由本會舉辦的「全港中學生心理健康常識問答比賽」。

已達成的目標：

1. 透過講座，學生們都表示掌握了 1-2 種減壓的方法例如與人傾談及做運動等，對於心理健康的關注亦有所增加。
2. 透過參觀和服務中途宿舍及庇護工場的精神病康復者及智障人士，學生均表示加深了對有關人士的認識及了解，並認為他們與其他健全人士沒有太大分別，他們對有關人士的接納程度比未接觸前有所提升。
3. 培訓了 12 間中學的 200 多名中學生成為心理健康大使，在校內進行心理健康問答比賽、展覽會、抑鬱測試及嘉年華會等心理健康推廣活動。

總結：

是次計劃推展尚算順利，結果亦令人滿意，所有訂定的目標均已達到，參與此計劃的學生及老師對於心理健康的認識及關注都有所提升。部分參與的學校仍繼續支持及參與日後的心理健康推廣活動。

計劃編號：23090124

計劃名稱：「互助邁進健康路」婦女情緒及精神教育推廣計劃

主辦機構：香港聖公會麥理浩夫人中心（家庭活動及資源中心）

協辦機構：

香港聖公會麥理浩夫人中心（施彭年家庭互助中心）

計劃成員：

1. 彭安瑜（香港聖公會麥理浩夫人中心 家庭活動及資源中心 主任）
2. 張鳳娟（香港聖公會麥理浩夫人中心 家庭活動及資源中心 助理服務幹事）
3. 金曉婷（香港聖公會麥理浩夫人中心 家庭活動及資源中心 活動幹事）
4. 朱麗霞（香港聖公會麥理浩夫人中心 家庭活動及資源中心 服務幹事）

計劃開始及完成日期：

2010 年 4 月 1 日至 2012 年 3 月 31 日

目的 / 目標：

整項計劃為期兩年，以區內婦女為服務對象，及以社區為基礎作服務介入，將關注精神健康訊息在區內廣泛宣揚，並設不同形式的教育性及預防性活動，向婦女講解情緒病的特徵及處理方法、情緒及壓力管理技巧等，為婦女建立健康正面的生活態度。

參展項目摘要

活動 / 推行大綱：

1. 「體現健康生活」（「健康心靈滲社區」）社區教育展覽系列
內容 / 成效：共舉行 10 次社區展覽，地點包括葵涌邨、石籬邨、梨木樹邨及瑪嘉烈醫院等。展覽內容包括展示各類精神病之病徵及成因、如何有效地作情緒管理。展覽中亦即場為婦女進行適切之精神健康評估及派發有關精神健康資訊指南，讓她們掌握更多有關之資訊。
2. 「共享健康」婦女社區健康大使計劃
內容 / 成效：舉辦了共三個階段的婦女社區健康大使計劃，共 50 名婦女成為「健康大使」。
計劃內容為介紹各種常見的情緒病及分享正向思想意識，並透過參與社區服務及到北葵涌母嬰健康院探訪，向孕婦們傳達正向健康人生的訊息。
3. 「活出精彩，活得健康」互動教育營
內容 / 成效：計劃內共推行三次互動教育營，以減壓及個人情緒管理為主題，讓親子一同探討情緒壓力之來源及管理方法。活動內容包括親子集體活動、情 病的分類、壓力舒緩講座、情緒病問答比賽等，從遊戲及互動練習中學習探討家庭的壓力指數辨識及適切之處理方法，並深入探討婦女如何在承擔家庭角色責任及實踐情緒健康之間取得平衡。
4. 「譜出健康樂章」教育工作坊
內容 / 成效：計劃內合共推行四次教育工作坊。活動以情緒健康及減壓為內容主題，除了以互動、遊戲形式帶出壓力形成的原因及處理壓力的方法外，更邀請具備精神復康工作經驗的工作員作專業分享，讓參加者體驗壓力管理之方法，從而深入認識及思考壓力的來源。婦女反應熱烈，並積極投入互動遊戲及專題分享中。此外，探訪活動亦是工作坊的重點之一，探訪地點包括恆康互助社、新生精神康復會轄下的青衣新生餐廳、北葵涌母嬰健康院及種子森林書室。
5. 「打開心窗」治療性深化小組
內容 / 成效：本項目旨在支援受情緒困擾的婦女，為她們推行治療性小組，引入輔導理論（認知行為理論），深入地探討如何平衡生活上之情緒起伏與維持身心健康狀態，從中與婦女一同探討困擾之來源，令參加者重建壓力管理之信心。
6. 「譜出健康樂章」分享會
內容 / 成效：計劃內共舉辦了三次分享會，分別邀請了具備精神健康工作經驗的講者作精神健康、正向人生等的專題分享。分享會的目標為提升公眾人士對精神健康的意識，從而減輕社會人士對精神病患者的歧視。
7. 「情緒健康，滲透社區」嘉年華
內容 / 成效：活動內容包括嘉賓分享、健康大使分享、教育推廣性遊戲攤位、教育性展覽、與情緒壓力管理主題相關之表演及嘉許勉勵儀式等。是次嘉年華讓婦女參與協作及擔當各項籌備工作的角色，令她們可更深入掌握與健康生活相關之課題內容。
8. 「情緒健康，滲透社區」分享手冊及電腦光碟製作
內容 / 成效：以出版小冊子及製作電腦光碟之形式，由社工編寫及婦女服務之經驗分享，本計劃之社區健康大使及服務使用者亦參與寫作及編輯之工作。

對象 / 受惠者：

居住於荃灣及葵青區來自低收入家庭之婦女，包括單親婦女、新來港婦女、在職婦女等，當中大部份均正面對家庭狀況之轉變、患上抑鬱症及正面對情 壓力，婦女之家庭成員亦有參與部份環節。

預期及實際參與人數：

預期 2,800 人，實際 3,113 人。

效益：

1. 能成功培訓義工大使參與社區活動，讓參加者明白以家庭為本走出社區擴闊社交生活也是促進精神健康的重要一步。本部門內現時每年繼續舉行婦女減壓小組，引用本計劃的模式加插藝術與音樂元素，以協助婦女舒緩壓力。
2. 現時推廣婦女精神健康及情緒健康的街展活動亦已定期每月於社區內推行。
3. 「婦女健康大使」仍成為部門內的義工成員團隊，繼續接受培訓及加入新成員。
4. 近年引進香港大學護理學院之婦女社區研究旨在改善婦女身心健康狀況，包括透過講座及氣功運動為婦女減壓，以社區研究為本而進行。

計劃製成品：

已製作「情緒健康，滲透社區」分享手冊及電腦光碟製作，將正面的情緒壓力管理方法及經驗向大眾分享，帶出健康社交及情緒管理的重要性。

已達成的目標：

能促進婦女反思和檢視個人情緒及精神狀況，從而及早帶來適切之處理方法，以致預防情緒問題進一步惡化，並有效地凝聚婦女的互助關係。



Abstracts of Poster Presentations

總結：

整體而言，本計劃進展非常順利，更能促使未曾參與類似活動之婦女突破自己、投入參與計劃過程及義務工作中。參加者能學會打破談精神病患及談負面情緒那份忌諱和心理障礙，更鼓舞是在計劃中認識到一班「同路人」，成為她們生命中堅持不斷成長重大的源動力。本計劃如播種般讓大眾學會覺察自我情緒，從而正視問題及作出正面改變。

Project No.: 23090514

Project Title: Promoting Mental Well-being in Youths through an Interactive Online Game on a Social Networking Website

Administering Institution: The University of Hong Kong

Project Team Members:

1. Michael CHAU (Associate Professor, The University of Hong Kong)
2. Paul SF YIP (Professor, The University of Hong Kong)
3. Paul WC WONG (Assistant Professor, The University of Hong Kong)

Project Start Date and End Date:

1 April 2010 to 30 September 2011

Purposes/Objectives:

1. Promoting mental well-being among young people in Hong Kong;
2. Educating young people with knowledge on mental health and depression;
3. Establishing game-based online mental health self-help and learning tool for the public.

Activities/Programmes:

A Facebook game for promoting mental well-being and mental health knowledge was developed and evaluated.

Targets/Recipients:

Young people (14 – 24 years old) in Hong Kong using Facebook.

Expected and Actual Participation:

1,000 Facebook users.

Benefits Derived:

1. Young people attained mental health knowledge enhancement after playing the game.
2. Young people achieved mental well-being improvement after playing the game.
3. The effectiveness of game-based online mental health self-help and learning tool was evaluated.

Project Products:

A Facebook game based on cognitive behavioral therapeutic approach for promoting mental well-being and mental health knowledge.

Objectives Achieved:

All the objectives were successfully achieved.

Conclusion:

1. It is a novel approach to combine gaming concept and online mental health self-help tool to promote mental well-being in Hong Kong.
2. The feedbacks and outcome are positive and supports our view in the proposal.
3. The effect of game-based learning approach is potentially large.
4. The game is based on cognitive behavioral therapeutic approach and thus players can learn a practical way when facing mental health problems.
5. Integration of novel research into practice should be encouraged.

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Project No.: 23090554

Project Title: A multidisciplinary and integrated programme to promote and care for suicide and attempted suicide within the Eastern District

Administering Institution: HKJC Centre for Suicide Research and Prevention, The University of Hong Kong

Co-organisation(s):

1. The Hong Kong Police Force
2. Hospital Authority
3. Social Welfare Department
4. Caritas-Hong Kong
5. Housing Authority

Project Team Members:

1. Dr Paul WC WONG (Principal Applicant, DPsys(Clinical); Assistant Professor, Department of Social Work and Social Administration; Honorary Fellow, The HKJC Centre for Suicide Research and Prevention, The University of Hong Kong)
2. Prof Paul SF YIP, PhD (Professor, Department of Social Work and Social Administration; Director, HKJC Centre for Suicide Research and Prevention, The University of Hong Kong)
3. Dr Frances YW LAW, PhD, RSW (Project Director, HKJC Centre for Suicide Research and Prevention, The University of Hong Kong)
4. Ms Carmen CS LAI, MSocSc, BSW, RSW (Project Officer, HKJC Centre for Suicide Research and Prevention, HKU)
5. Mr Peter R MORGAN (Assistant Commander of Police (Service Quality Wing), The Hong Kong Police Force; Honorary Fellow, HKJC Centre for Suicide Research and Prevention, The University of Hong Kong)
6. Dr TW WONG (Consultant, Department of Accident and Emergency, Pamela Youde Nethersole Eastern Hospital)
7. Dr Sunny KS LIU (Consultant, Psychiatry Department, Pamela Youde Nethersole Eastern Hospital)
8. Mrs Sarah LC CHOY-WONG (Chief Social Work Officer (Information Systems & Technology), Social Welfare Department)
9. Mr Rudolf YK TSEA (Social Work Officer (Voucher), Social Welfare Department)
10. Ms Alice LP WONG (Supervisor, Caritas-Hong Kong)

Project Start Date and End Date:

1 May 2010 to 31 August 2012

Purposes/Objectives:

1. To set up a mechanism to mobilise existing resources within the community to empower natural and professional social support networks and good health practices for individuals with suicidal tendency and people affected by suicide;
2. To enhance awareness about suicide prevention.

Activities/Programmes:

1. Regular support group meetings for people bereaved by suicide;
2. Training for health professionals, police officers, housing staff;
3. Awareness talk for parents in Eastern District, volunteer mentors;
4. Talk related to mental health literacy in the secondary schools in Eastern District.

Targets/Recipients:

1. Individuals who reside at the Eastern District;
2. Security guards, police, housing staff, medical practitioners, social workers, teachers and students in the Eastern District;
3. Individuals with self-harm behaviour and suicide survivors.

Expected and Actual Participation:

The proposed number of participants : 3,000
The actual number of participants : 2,300

Benefits Derived:

Knowledge gained:

Knowledge on depressive symptoms, the warning signs and risk factors of suicide has been increased. Direct feedback has been collected from the participants. Some security guards found the topic was meaningful and insightful as they were able to apply the knowledge and skills in different contexts in terms of work-related or personal aspects.



Abstracts of Poster Presentations

Behaviours changed:

The trend of suicide was in downward movement The yearly attempted suicide number had decreased.

Project Products:

Referral system on helping the individuals with self-harm behaviours has been established.

Objectives Achieved:

Objective (1): achieved

Support: Referral system on helping the individuals with self-harm behaviours has been established and it's functioning well.

Objective (2): achieved

Support: Our partners are interested to continue the promotion programme. They are more sensitive to people with sign or symptoms of suicide risk and refer to appropriate social services (or give them hotlines of social services).

Support: The working group members showed their readiness to tackle the problem of suicide and related mental health issues.

Conclusion:

A shared understanding on suicide or deliberate self-harm cases in Eastern District has been generated. The important element is to form a platform for the mulit-disciplinary professionals to share their professional views on suicide or DSH.

Project No.: 24100124

Project Title: Functional Enhancement Program for the formal caregivers to deal with Behavioural and Psychological Symptoms of Dementia

Administering Institution: North District Hospital, Hospital Authority

Project Team Members:

1. Dr LAM Chi-leung (Associate Consultant (Psychiatry), North District Hospital)
2. Dr Flora KO (Department Manager (Occupational Therapy), North District Hospital)
3. Ms Daphne LAW (Occupational Therapist I, Shatin Hospital)
4. Ms Vickie POON (Occupational Therapy I, North District Hospital)
5. Ms Isabella HO (Advanced Practice Nurse, North District Hospital)

Project Start Date and End Date:

3 March 2011 to 30 September 2011

Purposes/Objectives:

Following the evidence of the carefully designed occupational therapy program: Functional Enhancement Program (認知缺損長者日常生活功能提升計劃), this project aims to:

1. provide insight to the frontline formal care-givers working in the Residential Care Home for the Elderly (RCHE) on the behavioural and psychological symptoms of dementia (BPSD);
2. reduce their care-giving burden in taking care of the RCHE residents with dementia.

Activities/Programmes:

1. Conduction of a survey on the experience in managing the BPSD among the formal care-givers of RCHE;
2. Based on a Functional Enhancement Approach (生活功能提升法), conduction of four identical and full-day training workshops for the formal care-givers of RCHE on the management of the BPSD.

Targets/Recipients:

All frontline formal care-givers of the RCHE in North District, Tai Po and Shatin of the New Territories of Hong Kong.

Expected and Actual Participation:

Among the four identical and full-day training workshops delivered:

1. The expected number of participants was 200;
2. The actual number of participants was 236.

Benefits Derived:

The trained formal care-givers were more aware of the nature of BPSD and were more willing to use non-

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pharmacological interventions in dementia care.

Project Products:

1. Conduction of a survey on the experience in managing BPSD among the formal care-givers of RCHE;
2. Production of a bilingual manual on BPSD, titled "Functional Enhancement Approach to the Management of Behavioural and Psychological Symptoms of Dementia, A Practitioner's Guide (認知障礙症長者行為及心理症狀生活功能提升法: 執行員指引)";
3. Conduction of four identical training workshops with an end-of-workshop competence checking quiz for the formal care-givers of residential care homes for the elderly;
4. Adoption of the Functional Enhancement Approach of the project in the service of Psychogeriatric Day Hospital, Department of Psychiatry, North District Hospital;
5. Post-project conduction of a pilot service collaboration project (using the Functional Enhancement Approach of this project) with an NGO running a District Elderly Community Centre.

Objectives Achieved:

On the insight of the frontline formal care-givers of RCHE to the BPSD, 201 of the 214 participants (93.93%) who completed the end-of-training assessment could achieve 15 or more correct responses out from the 20 assessment scenarios provided.

The feedback from the participants also indicated that the principles and techniques of care of the Functional Enhancement Approach learned in the workshops were practical and facilitative to their daily care of the older adults with BPSD. The understanding, thereby, help to relieve their practical and psychological burden in taking care of the RCHE residents with dementia.

Conclusion:

With the project and post-project experiences, acceptance of the Functional Enhancement Approach to the management of BPSD of this project reflects the growing demand for both the non-pharmacological interventions of BPSD and the healthcare support to the formal care-givers of the RCHE residents with dementia.

Many enquiries were received from the formal caregivers for further and more intensive training and support. However, the project team has difficulty to do so due to resource limitation. While face-to-face training is essential, we hope the Practitioner's Guide will serve as a useful reference for the formal caregivers of RCHE in Hong Kong.

計劃編號: 24100474

計劃名稱: 活出健康攜手闖前路

主辦機構: 利民會

計劃成員:

1. 馮祥添 (總幹事)
2. 單家威 (行政主任)
3. 李嘉兒 (社工 / 單位主任)

計劃開始及完成日期:

2011年4月1日至2013年3月31日

目的 / 目標:

- 目標: 1. 建立共融社會;
2. 宣揚精神健康訊息。
- 目的: 1. 加強社區人士對精神健康的認識及關注;
2. 讓康復者肯定自我及發揮才能;
3. 增加社區人士及復元人士彼此了解。

活動 / 推行大綱:

本計劃主要分為『義工訓練』和『社區精神健康推廣』兩方面加強社區人士對精神健康的認識及關注, 增加社區人士與復元人士彼此了解, 繼而建立和諧共融的社會。

『義工訓練』: 讓參加者認識常見的精神病種類和特徵, 並學習如何管理情緒和壓力。課程中有專業的人士(包括臨床心理學家、護士及話劇專業演員)講解不同的技巧。同時, 訓練的義工亦參與推行精神健康的活動, 例如: 編排話劇講座及編輯精神健康通訊內容等等。

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『社區精神健康推廣』主要分為『活出健康，攜手闖前路』互動話劇講座（下稱講座）、月曆設計比賽和精神健康通訊。講座分為兩大主題，一、『活出健康』是指義工在義工訓練課程中將所學習到的話劇技巧一一應用在演出機會。二、『攜手闖前路』是指互動即興劇場，參加者與義工或觀眾就特定的處境一起討論如何面對和處理，並會按其建議即時以話劇形式演出，一起攜手闖前路。

月曆設計比賽的主題為『推廣精神健康，促進社會共融』，參加者以相片、繪畫或其他平面圖像形式遞交作品，並配合簡單的訊息，例如：勵志金句，以帶出精神健康的訊息和促進康復者與社區人士的共融概念。本會到各單位宣傳以讓更加多的人士參與比賽，並邀請了委員會的成員以及專上學院的設計老師作評審，選出優秀的作品。而得獎作品被印刷成月曆，透過學校和社會服務機構等等分派予社區人士，藉以推廣精神健康的訊息。另外，精神健康通訊（下稱通訊）的內容，包括計劃目的、內容、義工招募、活動推廣、介紹常見的精神病及情緒支援服務、參加者心聲分享、壓力及情緒管理技巧和小遊戲等。通訊透過不同的方法分發給學校和機構等。

對象 / 受惠者：
社區人士及精神病康復者。

預期及實際參與人數：

	義工（復元人士）	社區義工	學生	長者	其他人士
目標	160（人次）	80（人次）	2,000	300	2,000
實際總數	128（人次）	83（人次）	2,002	302	2,001

效益：

互動講座方面，學校講座中收集得來的意見都是正面和積極，例如：『希望再來！』、『話劇真好看』和『話劇很有意思』、『Perfect!』、『非常有趣』和『內容生動，有趣，職員和會員充足合作，可加插互動環節』。長者機構的職員對講座更讚不絕口，認為『義工團隊演出相當出色，值得讚賞』，『話劇生動』和『話劇很吸引長者觀看』。在兩個的嘉年華會中，收集到不少喜歡和欣賞此話劇的意見，認為『演員們很用心做表演』，『話劇中人推廣家庭成員互相支持，包容和愛心。』和『嘉年華意義非常大，希望再舉辦』。總括而言，大部份的觀眾，無論是學生、長者，或是社區人士都很欣賞此講座內容和各成員的落力演出，同時，亦加強社區人士對精神健康的認識及增加社區人士及康復者彼此了解。

義工組員方面，他們認為此話劇具教育意義和能夠宣揚精神健康的訊息。組員英認為『今次表演很有意義的，能令學生感受到不應歧視精神病患者。』和組員文說：『其實透過今次話劇，以生活化劇情帶出康復者只要定時食藥，按照醫生的指示，終可以康復與大家一樣過正常的生活。藉此宣揚正確的精神康復訊息給大眾，加強社區人士對精神病的認識，提昇公眾對精神病康復者的關注。』

計劃製成品：

1. 月曆：透過月曆設計比賽宣傳「精神健康訊息」。本單位更成功邀請到三名專業人士為是次比賽作為評審，甄選優秀的作品。作品被印刷成數百份的迷你月曆，分發往不同的社福機構、學校、安老院等，亦在嘉年華會中派發。
2. 精神健康通訊：服務單位的會員（復元人士）、義工和職員一同製作了八期的通訊。

已達成的目標：

義工訓練方面，十成的參加者表示增加了對精神病的認識；九成的參加者增加了情緒管理的技巧；十成參加者認為訓練內容切合需要；七成的參加者認為訓練形式適當；七成的參加者認為訓練內容一般；八成的參加者認為教材配合課程；九成的參加者滿意或非常滿意導師的講解清晰及他們的態度。另參加者建議訓練內容應加入處理危機的知識。

講座的形式比較互動及有活力，對長者較容易留下深刻的印象，對學生而言亦增加他們的投入及參與，更具效益。

總結：

訓練內容切合復元人士及社區義工的需要，加強他們對精神健康的認識及關注，且讓康復者肯定自我及發揮其才能。及後，義工們一同籌備互助講座，增加社區人士及復元人士彼此了解。當中，義工霞認為『我在活動裡演出話劇，會去不同的中學和機構演出，能夠為精神康復出一分力，我覺得好高興，希望今後有更多機會身體力行，為精神康復帶出多點正面的訊息』。由此可見，本計劃不但宣傳精神健康訊息，還讓康復者肯定自我及發揮才能。此活動亦播下種子，讓各成員在未來的日子，繼續為精神康復出一分力。

互動講座的內容及形式亦按不同參加者有所配合，如：長者的講座內容較為淺白及加入相關的知識。例如：抑鬱症是長者常見的情緒病，所以講座的內容以預防抑鬱病為主，教導長者如何預防情緒病，增加他們對情緒病的知識，提昇他們對精神健康的關注。

參展項目摘要

Project No.: 23090454

Project Title: Enhancing psychosocial wellbeing: a simplified Tai Chi program for adolescents with mild intellectual disabilities

Administering Institution: The Hong Kong Institute of Education

Co-organisation(s):

1. The Hong Kong Polytechnic University
2. Shatin Public School

Project Team Members:

1. LO Sing-kai (The Hong Kong Institute of Education)
2. Peggy CHEUNG Pui-yee (The Hong Kong Institute of Education)
3. CHEN Shi-hui (The Hong Kong Institute of Education)
4. Gladys CHEING Lai-ying (The Hong Kong Polytechnic University)
6. HO Siu-yu (Shatin Public School)

Project Start Date and End Date:

April 2010 to June 2011

Purposes/Objectives:

The aim of the project was to provide a simplified Tai Chi (TC) exercise program for adolescents with mild intellectual disabilities (ID) to (1) promote health-related quality of life (HRQOL); and (2) improve the participants' flexibility and standing balance.

Activities/Programmes:

1. A simplified 8-form TC exercise and teaching manual with demonstration video were developed for use in TC training sessions, workshop, and dissemination;
2. Simplified 8-form TC training sessions were delivered to adolescents with ID in local special schools to examine its benefits in terms of HRQOL, flexibility, and standing balance;
3. A TC trainer workshop and outreach promotion day including experience sharing in practicing TC, a seminar, and group performance of the simplified TC by adolescents with ID, was organized.

Targets/Recipients:

The project targeted at adolescents (aged 12 to 18) with mild ID studying in local special secondary schools.

Expected and Actual Participation:

The original plan was to recruit a total of 90 adolescents with ID were to participate in TC training sessions. At the request of school principals, the final number of participants recruited was 91. We planned to reach out 100 participants for the exercise trainer workshop and outreach promotion day. The outcome was a total of 106 individuals attended this function. Teaching manual with VCD was also distributed to 41 Directors of Physical Education (PE) local special schools.

Benefits Derived:

This project demonstrated that the training programme was effective and able to significantly improve the participants' (1) HRQOL; and (2) standing balance.

Project Products:

A simplified 8-form TC exercise and teaching manual with demonstration video (4 minutes) have been developed by the research team. The designed teaching manual was also reviewed by TC masters, TC practitioners, and special school Physical Education (PE) teachers before formally introduced in TC training program, workshop, and dissemination sessions.

Objectives Achieved:

The simplified TC developed by the team was effective on the enhancement of HRQOL and standing balance in adolescents with ID. This is both practically useful and adds knowledge to this field. The tailored 8-form TC is relatively easy to practice, especially in conjunction with the teaching manual produced in this project. For promotional purpose, the teaching manual was also distributed to PE stakeholders from all local special schools with students who had ID; it is anticipated that more and more adolescents with ID would be encouraged to practice the simplified TC exercise as a regular physical activity.

Conclusion:

The simplified TC was shown to be useful in enhancing HRQOL and standing balance in adolescents with ID. This TC exercise can be further promoted in adolescents with ID.

計劃編號 : 24100394

計劃名稱 : Fit and Fun 遊戲運動計劃

主辦機構 : 香港宣教會白普理上水家庭中心

協辦機構 :

1. 聖公會陳融中學
2. 東華三院李嘉誠中學

計劃成員 :

1. 郭寶燕 (註冊社工)
2. 曾玉英女士 (註冊社工)
3. 方少萌女士 (香港理工大學康復治療學系臨床導師)
4. 朱雪妍女士 (公共關係幹事)

計劃開始及完成日期 :

2011 年 7 月至 2012 年 7 月

目的 / 目標 :

1. 以遊戲作介入手法, 提升學童參與運動的興趣和動機, 增加他們肢體運動量, 建立個人恆切的運動態度。
2. 結合「遊戲」與「運動」的果效, 發展一套「Fit and Fun」健康的生活模式, 讓不同的學童均可參與其中, 以使計劃理念得以推廣。
3. 將 Fit and Fun 模式滲透於社區、家庭、學校, 讓學童不論在任何環境及空間均能進行, 藉以增加學童健康的廣泛度。

活動 / 推行大綱 :

1. 遊戲運動大使訓練
透過訓練及實習, 向社區倡導 Fit and Fun 遊戲運動模式。
2. 「校園、社區」遊戲體驗歷程 PLAY DAY
透過於學校及社區進行遊戲體驗歷程 Play Day, 於社區內將 Fit and Fun 遊戲運動模式推廣, 營造社區齊關注健康生活的氣氛, 同時攜手實踐健康生活, 達致可持續發展概念。
3. 運動特訓小組
透過意識的教育及動機的提升, 再配合易達度高的遊戲模式, 最後深入建立持之而恆的運動習慣, 以改善及加強學童的運動生活模式。
4. Fit and Fun 遊戲運動集
Fit and Fun 遊戲運動集由註冊物理治療師、遊戲運動大使及註冊社工共同參與。

對象 / 受惠者 :

區內 6 至 16 歲兒童、青少年及家庭

預期及實際參與人數 :

遊戲運動大使訓練	: 20/49
「校園、社區」遊戲體驗歷程 PLAY DAY	: 2,500 人 / 3,646 人
健康檢查參與人數	: 2,117 人
運動特訓小組	: 80/80

效益 :

本計劃運用一種突破傳統所謂「勤有功、戲無益」的觀念, 讓家長及學童重新建立一個「勤有功, 戲有益」的新主意, 推展一系列運動遊戲歷程, 讓兒童經歷 Fit and Fun 的體驗。當中亦加入了物理治療的概念, 讓長期缺乏運動的學童提升關節的柔韌度, 目的是提升兒童的肢體活動量, 使兒童在輕鬆正面的狀態下減少及防止肥胖的出現, 提升學童的健康生活素質。

計劃製成品 :

Fit and Fun 遊戲運動集

Fit and Fun 遊戲運動集由註冊物理治療師、遊戲運動大使及註冊社工共同參與。

總結 :

Fit and Fun 遊戲運動計劃能將遊戲結合運動, 改變傳統「運動是沉悶」的看法, 使社區居民不分大小都能透過進行遊戲運動達致健康。除了達到目的外, 亦有不少連帶效益, 包括建立了一班年青人 (遊戲運動大使) 的自信心及領導才能、提升健康高危兒童的健康意識以及家長與子女共同參與, 促進親子關係。本中心希望透過持續推廣及教育, 建立一個健康社區。

參展項目摘要

Project No.: 25110504

Project Title: To promote muscle strength and physical fitness among adolescents through a functional training program in a school setting

Administering Institution: School of Public Health, Li Ka Shing Faculty of Medicine, The University of Hong Kong

Co-organisation(s):

Department of Paediatrics, Faculty of Medicine, The Chinese University of Hong Kong

Project Team Members:

1. Dr HUI Lai-ling (Research Assistant Professor, The University of Hong Kong)
2. Dr Clare YU Chung-wah (Research Associate, The Chinese University of Hong Kong)

Project Start Date and End Date:

1 April 2012 to 31 March 2013

Purposes/Objectives:

1. To develop and evaluate a functional training program that facilitates a sustainable routine of muscle training for secondary school students;
2. To educate secondary school teachers and students about the importance and benefits of muscle training;
3. To improve muscle strength of secondary school students.

Activities/Programmes:

The project included the development, implementation and evaluation of an 8-week functional training program in a school setting, involving an 8-hour “Train-the-Trainer” workshop for physical education teachers, aiming at improving muscle strength of secondary school students.

Targets/Recipients:

Secondary school students.

Expected and Actual Participation:

This project aimed at developing and implementing a functional training program in 15-20 schools, targeting at training 450 students. During the study period we successfully developed and implemented an 8-week program entitled “FIT for Fun” functional training program in 15 secondary schools with 447 students in total participated.

Benefits Derived:

The project built a resource to promote functional training and found such training in a school setting is acceptable to both students and physical education teachers.

Project Products:

A functional training program for secondary school students and the “Train-the-trainer” workshop materials designed for secondary school teachers were developed and piloted.

Objectives Achieved:

Through the training program, teachers were equipped with the skills and knowledge on muscle training and given exercise tools so as to create an environment to further train the students. After the program, some improvement was seen in muscle strength among the participating students, majority of whom reported an increase in confidence in other sports. Most teachers continued using the exercise equipment in regular physical education classes. However very few were able to conduct a second 8-week program due to busy school curriculum.

Conclusion:

School-based approach is a possible strategy to promote muscle strength and fitness among Hong Kong adolescents. In particular, the “Train-the-Trainer” approach is a synergistic way to empower the teachers with skills and knowledge to promote physical activities among the students. Nevertheless, putting such training in school curriculum may be a more effective way of promote muscle strength in a sustainable manner.

Abstracts of Poster Presentations

Project No.: 02090215

Project Title: STEP (Stopping Tobacco Educational Program) - 無煙健康少年先鋒

Administering Institution: The Hong Kong Polytechnic University

Project Team Members:

1. Dr Vincent NG (Associate Professor, The Hong Kong Polytechnic University)
2. Mr TSUI Chi-ping (Supervisor (Social Service Division), SKH Holy Carpenter Church Community Centre)
3. Dr LEONG Kong-sang (Lecturer, Glyndwr University, United Kingdom)
4. Ms SUNG Yuk-man (Lecturer, Glyndwr University, United Kingdom)
5. Dr Lorna NG (Senior Medical Officer, Kwong Wah Hospital)

Project Start Date and End Date:

1 February 2010 to 30 June 2011

Purposes/Objectives:

1. To introduce secondary school students about the risks of smoking;
2. To increase the awareness of health risks that young smokers are exposed to within the community;
3. To teach students ways to reject smoking and whom they can ask for help if they have problems regarding smoking;
4. To promote healthy living style and to make a set of Smoking Prevention Education Kit for future use by secondary schools.

Activities/Programmes:

1. School-based Activities
 - a. Anti-smoking seminars
 - b. School-based anti-smoking workshops
2. Inter-school Activities
 - a. Multimedia camps in The Hong Kong Polytechnic University
 - b. Initial student products exhibition in The Hong Kong Polytechnic University
 - c. Products revision and presentation
 - d. School-based exhibitions
3. Community Promotions
 - a. Public exhibition
 - b. Prize presentation ceremony
4. Smoke Prevention Educational Kit
 - a. Production of the kit
 - b. Dissemination to secondary schools

Targets/Recipients:

The project was targeted at youths of aged from 11 to 18 - those who are potentially at risk of smoking. We had invited secondary schools from Kowloon City District in February 2010 by phone, fax and emails. After the invitations, 6 school teams and 2 community teams had participated in the project with 101 student participants.

Expected and Actual Participation:

Indicators	Target	Resulted targets
Number of schools	5 – 10 secondary schools	6 secondary school teams and 2 community teams
Number of student participants	<ul style="list-style-type: none"> • Seminar: 200 - 400 • Workshops: 50 - 100 • School-based exhibitions: 500 - 1,000 	<ul style="list-style-type: none"> • Seminar: 450+ • Workshops: 100 -110 • School-based exhibitions: 900+
No. of participants of parents and public	<ul style="list-style-type: none"> • Exhibitions: 50 - 100 • Public promotion: 2,000+ 	<ul style="list-style-type: none"> • 28 Aug 2010 Ceremony & Exhibition: 500+ • 19 Dec 2010 Exhibitions: 1,000+ • 20 Feb 2011 Ceremony & Exhibition: 1,500+
No. of digital products from students that reflect anti-smoking concept	A total of 10 - 20 digital products	<ul style="list-style-type: none"> • 24 anti-smoking videos • 24 3D posters

參展項目摘要

Indicators	Target	Resulted targets
Participants' anti-smoking knowledge and awareness	More than 60% participants agreed their anti-smoking knowledge and awareness increased	<ul style="list-style-type: none"> All participants agreed that they understood the importance of smoking-free lifestyle through STEP activities Near 97% stated that our activities were meaningful

Benefits Derived:

1. Increasing Awareness of Health Risks

STEP has enhanced participants to further acquire knowledge on smoke prevention through a series of anti-smoking activities. With the smoking-free concepts, participants transformed the ideas as multimedia products to promote healthy lifestyle to others. In order to increase better awareness of smoking risks, these products were exhibited to their schoolmates and public.

2. Publishing of Smoking Prevention Educational Kit

The materials developed in the STEP workshops and multi-media video clips of students were integrated into a Smoking Prevention Educational Kit which was disseminated to the schools in Hong Kong.

Project Products:

The project has published the STEP Smoking Prevention Educational Kit in the format of a CDROM. There are four main areas of anti-smoking: introduction of potential health risks due to smoking, reasons of teenagers' smoking, ways to refuse temptation of smoking and methods to achieve healthy living styles. This teaching package contained a set of PPTs, student worksheets and project templates, and multimedia video clips. Teachers can then make use of them in lessons.

Objectives Achieved:

The number of targets achieved is much more than our expectation, especially the participation of parents and public in the project. More than half of participants were parents or public. Some parents of STEP participants also subscribed in STEP Facebook group in order to build up close connections with this program. Also, the survey results showed that both participants' and public's attentions on healthy issues have been greatly improved after taking part in STEP activities.

Conclusion:

STEP was aiming to introduce the health problems of smoking to students and parents, and to build up a new anti-smoking environment through digital games and multimedia clips built by students themselves. The project has been successfully completed with the support of many parties and schools. From the surveys given out to participants, over 94.3% agreed that STEP activities could further their understanding about the harmfulness of smoking.

Project No.: 22080664

Project Title: Secondary school YouTube video competition for tobacco control

Administering Institution: The University of Hong Kong

Co-organisation(s):

The Hong Kong Council on Smoking and Health

Project Team Members:

1. Dr HO Sai-yin (Associate Professor, School of Public Health, The University of Hong Kong)
2. Dr WANG Man-ping (Assistant Professor, School of Nursing, The University of Hong Kong)
3. Dr LAI Hak-kan (Research Assistant Professor, School of Public Health, The University of Hong Kong)
4. Prof LAM Tai-hing (Sir Robert Kotewall Professor in Public Health, School of Public Health, The University of Hong Kong)

Project Start Date and End Date:

1 September 2009 to 1 November 2010

Purposes/Objectives:

To shape smokefree social norms and attitudes by strategically targeting:

1. Smoking cessation (emphasising benefits of quitting with links to quitting services and quitlines);
2. Secondhand smoke exposure at home and outside home (promote no smoking near other people);



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3. Denormalisation of smoking (promoting non-smoking social norms and attitudes, and revealing truths about tobacco).

Activities/Programmes:

The competition aims to shape positive social norms towards tobacco control under three main themes: smoking cessation, secondhand smoke, and denormalisation of smoking. A website (<http://yvtc.sph.hku.hk>) was established for registration, online survey, general information, and video submission and voting. Over 50 schools enrolled in the competition. The students produced and uploaded short videos to YouTube for voting by students and teachers. Shortlisted videos were further adjudicated by a panel of experts in tobacco control and professional artists. The 46 winning videos are open for public viewing on YouTube.

Targets/Recipients:

Secondary school students and the general public.

Expected and Actual Participation:

10,000 students expected and 5,536 participated.

Benefits Derived:

The 46 YouTube videos have 19,745 views during the project period and 59,341 views by 18 September 2015.

Project Products:

A total of 46 YouTube videos (Smokefree YouTube Competition) on smoking cessation (20), secondhand smoke (9) and denormalisation of smoking (20).

Objectives Achieved:

The project has contributed to smokefree social norms through the large number of views of the YouTube videos.

Conclusion:

The project successfully attracted secondary school students to actively participate in tobacco control by producing short videos. The project has increased the students' awareness of tobacco control issues including smoking cessation, secondhand smoke and denormalisation of smoking. The project has also shown the feasibility of using YouTube as a channel to conduct health promotion programme among adolescents. Finally, these videos serve as valuable resources for future tobacco control both in YouTube and other health promotion programme.

Project No.: 23090644

Project Title: Promoting Smoke-free Homes in Hong Kong

Administering Institution: School of Nursing, The Hong Kong Polytechnic University

Project Team Members:

1. Prof Alice LOKE Yuen (Associate Head, Theme Lead-Family and Community Health)
2. Dr MAK Yim-wah (Assistant Professor)

Project Start Date and End Date:

1 July 2010 to 31 December 2011

Purposes/Objectives:

To educate school-aged children about the benefits of smoke-free homes (SFH).

Activities/Programmes:

A community-wide school health project in promoting smoke-free homes. The activities included:

1. Health talks;
2. Distribution of 'Smoke-Free Homes' educational leaflet;
3. Slogan and visual art competitions;
4. 2011 Health Fair.

Targets/Recipients:

SFH targeted all school-aged children studying in primary and secondary schools. It also indirectly targeted their families, including parents and other family members, whether or not these families included members who smoked.

參展項目摘要

Expected and Actual Participation:

This SFH project reached about 12,800 school-aged children (health talks: 550; education leaflet: 6,500; slogan and visual-arts competitions: 4,561; 2011 Health Fair: 1,236), and an uncountable number of family members and home visitors regarding the benefits of Smoke-Free Home.

Benefits Derived:

More primary (90.8%) than secondary students (85.8%) pledged that they would not take up smoking. About 82% (480 out of 583) of those who had experimented with smoking pledged to stop. Majority of those who received the education leaflets (87.6%) and the participants of the Health Fair (91.5%) pledged to practice a SFH. A large percentages of them, 69.6%-88.2% of those received education leaflets and 69.7%-87.6% of the participants of the Health Fair, agreed to promote SFH to their family and friends, and agreed to advise their family and friends not to smoke at home. About 14.9% reported already having established smoke-free policy at home, 16.4% placed a 'No Smoking' sign at home, 12.9% informed visitors of their smoke-free policy at home and 15.9% requested visitors dispose lit cigarettes before entering their homes.

Project Products:

Winning slogans and visual art products from the competitions were made into rulers, folders, and note pads as souvenirs, and Health fair booklets that outlined the details of the SFH project were distributed at the Health Fair 2011.

A lyric to promote smoke-free homes was composed and sang by young students (dancers) and attendees of the Health Fair at the opening ceremony.

Objectives Achieved:

Participants pledged to:

1. Establish and practice Smoke-Free Homes;
2. Promote SFH to their families and friends;
3. Advise their family members to quit;
4. Place a 'No Smoking' sign at home;
5. Request visitors not to smoke in their homes.

Conclusion:

This community-wide school health project reached an uncountable number of students, family members and home visitors regarding the benefits of smoke-free homes. Public health efforts of this kind should be continued to reach younger generations and general public in society.

計劃編號 : 24100054

計劃名稱 : 觀塘 · 愛 · 無煙

主辦機構 : 基督教家庭服務中心

計劃成員 :

1. 余小雲 (註冊護士)
2. 黃華純 (服務經理)
3. 李瑞蘭 (高級服務經理)
4. 勞國偉 (健康推廣主任)
5. 馮榮昌、黃雅恩、林鏡、陳巧敏、盧慶微、李家英、劉秀華、徐曉玲 (註冊中醫師)
6. 陳潔玲 (助理總幹事)

計劃開始及完成日期 :

2011年6月1日至2013年9月30日

目的 / 目標 :

1. 本計劃目的乃按著中西醫療結合的方向幫助有志戒煙人士戒煙。以中醫針灸及中藥為本，減輕戒煙者的斷癮徵狀，同時輔以註冊護士在心理、社交及健康生活習慣上作出輔導及鼓勵，以加強戒煙者的決心及信心；
2. 項目希望提升使用針灸戒煙的普遍性，為市民提供多一個戒煙方法的選擇；
3. 另外，亦希望透過社區健康教育，提升市民認識吸煙的禍害及戒煙的重要性，並提供普及戒煙方法，增強市民戒煙的推動力。

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活動 / 推行大綱：

1. 宣傳及招募工作：印發刊物、派發宣傳海報、於屋邨 / 路旁 / 機構大樓展示戒煙橫額、寄發郵件予不同服務機構、製作戒煙展板、巡迴宣傳街站及展覽活動、傳媒訪問、上載戒煙資訊於網頁、介紹計劃予食市及公司商戶等等。此外，工作人員更分別於藍田、觀塘、九龍灣、銅鑼灣多個吸煙黑點及酒吧區設置戒煙諮詢站，向吸煙人士提供戒煙資訊及一氧化碳呼出量測試。
2. 註冊護士評估及輔導：內容包括基本體格檢查、一氧化碳呼出量測試、生活習慣及健康狀況評估，吸煙習慣評估及尼古丁依賴程度測試。在進行評估及了解其背景後為戒煙者進行輔導，透過「平衡抉擇表」協助他們認清吸煙的矛盾及加強其戒煙的決心。同時亦會向戒煙者建議健康生活模式及對抗吸煙誘惑的方法。最後會與戒煙者一同擬訂開始停止吸煙日期，簽署承諾書，以加強戒煙者落實戒煙的動力。在開展戒煙療程後，註冊護士會定期跟進及約見戒煙者，給予心理輔導及信心鼓勵。另外，透過互助小組 / 聚會，讓戒煙者互相分享戒煙的心路歷程，彼此支持，發揮正面力量，增加戒煙成功率。
3. 中醫師會根據戒煙者的體質及症狀進行針灸治療或耳穴貼壓。另按戒煙者其身體狀況配合中藥藥物治療以減少其斷癮徵狀，以疏肝健脾理氣化痰藥物為主。
4. 此外，共舉辦 13 次不同形式的社區健康教育活動，共 2,760 人次參與講座、展覽、嘉年華會等，提升市民認識吸煙的禍害及戒煙的重要性，以宣揚無煙社區的重要性及提高社區人士對戒煙的關注。

對象 / 受惠者：

計劃主要對象為觀塘內 30-59 歲人士。

預期及實際參與人數：

預期參加人數為 100 位，實際參與人數為 102 位，當中有 81% 為觀塘內居住或工作，有 77% 為 30-59 歲人士，達至預期的目標群組。

效益：

1. 為期兩年計劃，成功招募了 102 位參加者，約 20% 參加者成功戒煙，有超過 37% 參加者減少了吸煙支數，假設每人每日平均吸食香煙支數 14 支，估計每年可節省了約港幣 30 萬元；同時在人際網絡方面，假設每人有 4 位親友，將會直接有約 60 人避免吸食二手煙，為社會帶來裨益。
2. 透過戒煙輔導及社區健康教育活動，共 97.3% 參加者對有關吸煙與健康的知識有所增長。同時 100% 參加者明白戒煙的重要性，當中 66% 的參加者經過輔導後建立了健康生活模式，如減少飲酒、增加運動量、多吃水果及早睡早起等。另外，大部份參加者明白二手煙及三手煙會影響身邊人的健康，因此他們承諾即使未能完全停止吸煙，也會避免在家中及在非吸煙者身邊吸煙。
3. 同時，本計劃成功與中華電力有限公司合作，為其員工提供戒煙輔導及治療，成功將無煙文化帶進工作間。

計劃製成品：

本計劃共製作了 1,500 本計劃成果分享小冊子，並已以郵寄方法派發予計劃參加者、合作伙伴、不同的社福機構及醫療團體，以總結計劃經驗及分享成果，鼓勵繼續推動戒煙文化。

已達成的目標：

1. 成功招募了 102 位參加者，共提供了逾 330 次針灸治療及 240 次輔導，32.3% 完成中醫師建議之療程，有 20% 參加者在完成療程 6 個月後經跟進評估後，評定為成功戒煙。另外，有超過 37% 參加者已減少了吸煙支數。從問卷資料顯示，有 96% 參加者認為中醫針灸療程能幫助他戒煙，以減輕戒煙的斷癮徵狀；有 97% 參加者認為註冊護士能支援其戒煙及加強戒煙的決心。
2. 共舉辦了 13 次社區教育活動，較預期指標的 6 次為多。包括：戒煙諮詢站、巡迴展覽、講座及嘉年華會等，其中以諮詢站及講座，較能直接與社區人士宣揚戒煙訊息及招募參加者。同時，共有 2760 人次參與活動，遠遠超出預期指標的 1,200 人次。透過滿意問卷調查，參加者對社區教育活動的滿意度為 90.1%，較預期的 80% 為高。而有 97.3% 的參加者表示能增加了他們對戒煙的認識。
3. 從中電招募了十四名員工成為戒煙勇士，我們為戒煙勇士提供了外展評估及針灸治療服務、電話及面談輔導、壓力管理小組、並協助舉行中期和後期戒煙分享會及嘉許典禮，最終有約 43% 的參加者成功戒煙，其他參加者亦由每人每天吸食 14 支煙降至 1 支半。

總結：

1. 針灸戒煙確實為有心戒煙人士提供了另類戒煙方法，能幫助減輕戒煙者的斷癮徵狀。
2. 於工作間推動戒煙，有上司激勵及同儕支持，有效提升戒煙者信心及動力，增加戒煙成功率。
3. 註冊護士持續為戒煙者進行悉心的輔導，有效鼓勵及增強戒煙者的決心及信心，但個人意志及決心及親友的支持，也是邁向成功戒煙的重要因素。

參展項目摘要

Project No.: 01080295

Project Title: Health promotion package for people suffering from life-limiting disease

Administering Institution: The Chinese University of Hong Kong

Co-organisation(s):

1. Shatin Hospital
2. Bradbury Hospice
3. Grantham Hospital

Project Team Members:

1. Prof Carmen WH CHAN (Professor, The Chinese University of Hong Kong (Principal Applicant))
2. Dr CHUI Ying-yu (Former Assistant Professor, The Hong Kong Baptist Hospital)
3. Prof CHAIR Sek-ying (Professor, The Chinese University of Hong Kong)
4. Dr Michael MK SHAM (Consultant, Grantham Hospital)
5. Dr Raymond SK LO (Chief of Service, Shatin Hospital and Bradbury Hospice)

Project Start Date and End Date:

1 April 2009 to 31 March 2011

Purposes/Objectives:

The goal of this health promotion project was to promote public awareness and appreciation of the benefits of palliative care. The objectives of this health promotion project were:

1. To arouse the awareness of Hong Kong community of the importance of palliative care and advance care planning;
2. To implement a 8-week palliative care programme with an emphasis on advance care planning to patients with life-limiting diseases and their families;
3. To evaluate the effectiveness and usefulness of the health promotional package, including the roadshow and the 8-week palliative care programme.

Activities/Programmes:

The health promotion project consists of four phases:

1. Preparation work of the roadshows and the protocol of the 8-week palliative care programme;
2. Training workshops for the palliative home care nurses;
3. Community roadshows;
4. Implementation and evaluation of the 8-week palliative care programme.

Targets/Recipients:

The target group for the health promotion component was the people in the community while the target groups for the 8-week palliative programme included patients with life-limiting disease and their family caregivers.

Expected and Actual Participation:

A total of 58 nurses and 6 doctors attended training workshops on ACP. 8 roadshows were conducted with a total of 2,817 attendances. 108 patients were recruited to the programme and 87 of them have completed the 8-week intervention.

Benefits Derived:

Patients underwent the 8-week programme demonstrated better quality of life, better family satisfaction, and less hospital readmission. Their understanding and participation of advance care planning and advance directive were enhanced.

Project Products:

Achieved target outcomes of the 4 phases:

Phase 1:

- Development of VCD : 1,000 copies were produced.
- Development of pamphlets : 3,600 copies were produced.
- Development of easy-stand posters : 6 copies were produced.
- Development of booklets : 3,000 copies were produced.

The training protocols of the workshop and 8-week programme were developed.

Phase 2: Two training workshops were conducted. A total of 58 nurses and 6 doctors attended the workshops.

Phase 3: 8 roadshows were conducted with a total of 2,817 attendances. These roadshows were conducted in



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Whampao Garden shopping center, Prince of Wales Hospital, Shatin City One shopping center, Aberdeen Square shopping centre, Grantham Hospital, Queen Mary Hospital, Shatin Hospital and Bradbury Hospice. An informal survey of the attendants indicated that 87% of attendants did not know what was advanced care planning and 60% of participants were interested to know more about the service.

Phase 4: 108 patients were recruited to the 8-week programme and 87 of them had completed the programme.

Objectives Achieved:

All three objectives were achieved.

Conclusion:

The project has increased the community's awareness of the available service when facing a life-limiting disease and be more open in preparing for a good death. The 8-week programme benefitted the patients and family members and it is worthwhile to replicate the programme in other hospitals.

Project No.: 01080405

Project Title: Outreach dental caries control service for kindergarten children

Administering Institution: The University of Hong Kong

Co-organisation(s):

Hong Kong Christian Service

Project Team Members:

1. CHU Chun-hung (Faculty of Dentistry, The University of Hong Kong)
2. Edward LO Chin-man (Faculty of Dentistry, The University of Hong Kong)

Project Start Date and End Date:

1 March 2009 to 28 February 2010

Purposes/Objectives:

This service project aimed to work with a non-governmental organization to set up an outreach dental service to promote the oral health of kindergarten children through prevention and control of tooth decay.

Activities/Programmes:

This project provided outreach dental service to children of 14 kindergartens. Kindergarten teachers were trained to become oral health educators. The children were clinically examined. Children with tooth decay were advised to seek treatment and their tooth decay was controlled by topical applications of silver diamine fluoride solution. The service was provided every six months in this 24-month project. Dentists and dental assistants from the Hong Kong Christian Service (HKCS) were trained to sustain this outreach dental service.

Targets/Recipients:

A total of 3,696 children in the 14 kindergartens participated in this project.

Expected and Actual Participation:

According to the survey of 1,749 children in the fall of 2010, there was on average 1.88 unfilled decayed per child. The maximum number of unfilled decayed teeth was 19 out of the 20 primary teeth. The caries prevalence was 45% (n=786).

Benefits Derived:

Most of them (97%, n=772) received professional fluoride (Silver Diamine Fluoride - SDF) therapy to arrest the caries progression. No significant complications were reported. Training of 298 kindergarten teachers were provided so that they could reinforce the message of oral hygiene in their teaching. A total of 2 dentists and 2 dental assistants from HKCS were trained to performed outreach dental service.

Project Products:

The results of this pilot outreach service were very satisfactory. It therefore has been supported from a grant from SK Yee Medical Foundation for another 2 years from September 2010 to serve about 100 kindergartens in Hong Kong. It also received support from an oral care product company to provide oral health education materials, toothbrushes and toothpastes.

參展項目摘要

Objectives Achieved:

This project worked with a non-governmental organization to successfully set up an outreach dental service to promote the oral health of kindergarten children.

Conclusion:

This service project has set up an outreach dental service working with a non-governmental organization. This service has been sustained by funding to promote oral health of more kindergarten children and to identify children with tooth decay.

Project No.: 01080485

Project Title: Building partnership to promote health in the community: Collaboration of partners, volunteers and professionals for better parenting

Administering Institution: School of Nursing, The University of Hong Kong

Co-organisation(s):

HKSKH Lady MacLehose Centre

Project Team Members:

1. Prof Agnes TIWARI (Professor and Head, School of Nursing, The University of Hong Kong)
2. Mrs Helina YUK (Director, HKSKH Lady MacLehose Centre)
3. Ms Polly PANG (Centre-in-charge, Family Activity and Resource Centre, HKSKH Lady MacLehose Centre)
4. Dr Felix YUEN (Principal Lecturer, School of Nursing, The University of Hong Kong)
5. Dr Daniel FONG (Associate Professor, School of Nursing, The University of Hong Kong)
6. Dr Edward KL CHAN (Associate Professor, Department of Social Work and Social Administration, The University of Hong Kong)

Project Start Date and End Date:

1 December 2008 to 30 November 2010

Purposes/Objectives:

The purpose of this project was to reduce parenting stress and improve parenting behaviours through child-friendly parenting using a CO-OP programme which stands for "Collaboration of Parents, Volunteers and Professionals for Better Parenting".

The objectives were to:

1. Develop a parenting intervention (the CO-OP programme) based on the concept of child-friendly parenting;
2. Train volunteers to provide peer support to parents in learning and practicing child-friendly parenting;
3. Involve both parents in learning and practicing child-friendly parenting;
4. Enhance the knowledge, skills and confidence of parents in child-friendly parenting;
5. Conduct an evaluation of the CO-OP programme;
6. Sustain child-friendly parenting in the community beyond the lifetime of this project.

Activities/Programmes:

The 6-month CO-OP comprised of:

1. A three-session parenting intervention (an initial three-hour workshop, an intermediate three-hour child-friendly parenting session, and an advanced one-day family day camp outing) provided by professionals with social work or health care background;
2. A six-month period of peer support provided by trained community volunteers through monthly visits.

Targets/Recipients:

This project targeted parents with children from pre-school to primary six in 10 schools in the Kwai Tsing and Tsuen Wan districts.

Expected and Actual Participation:

The original target was 400 families. Due to the popularity of the project, 417 families enrolled onto the programme.

Benefits Derived:

The CO-OP programme, which demonstrated feasibility, acceptability and effectiveness in this project, has been incorporated into the routine services of the host community centre, as part of the primary prevention strategy to promote family harmony and prevent child abuse.



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Project Products:

1. Invited presentations at: (i) Expert meeting on health sector response to violence against women, World Health Organization, Geneva (March 2009), and (ii) An oral presentation at the School of Social Work, University of Michigan (Dec 2009);
2. Booklets on "Parenting Practices" and "Working with community networks to improve parenting";
3. Three community exhibitions on "Child Friendly Families" were held in the Kwai Tsing districts from 2009 to 2010.

Objectives Achieved:

All six stated objectives of the project were achieved. The original aim of the project to reduce parenting stress and improve parenting behaviours through child-friendly parenting using a CO-OP programme was accomplished. The actual outcomes were consistent with the expected outcomes.

417 families participated in the programme with a completion rate of 100%. Significant improvement in parenting practices was reported by the parents (more than 90% of parents stopped using corporal punishment), significant reduction in parenting stress was reported by the parents ($p < 0.01$), and more than 90% of the parents received peer support from their assigned volunteers. Parents and volunteers also evaluated the programme positively.

Conclusion:

Collaboration of parents, volunteers and professionals in a child-friendly parenting programme in a community setting was shown to reduce parenting stress and improve parenting behaviours. The findings have implications for policy and service provision.

Project No.: 03100105

Project Title: 'Becoming Parents': A hospital-community partnership to enhance transition to parenthood

Administering Institution: School of Nursing, The University of Hong Kong

Co-organisation(s):

1. Princess Margaret Hospital
2. Kwong Wah Hospital
3. HKSKH Lady MacLehose Centre

Project Team Members:

1. Prof Agnes TIWARI (Professor and Head, School of Nursing, The University of Hong Kong)
2. Dr LEUNG Wing-cheong (Chief of Service, Department of Obstetrics and Gynaecology, Kwong Wah Hospital)
3. Dr CHOW Kam-ming (Chief of Service, Department of Obstetrics and Gynaecology, Princess Margaret Hospital)
4. Mrs King YUK Fung-yin (Director, HKSKH Lady MacLehose Centre)
5. Dr Daniel FONG Yee-tak (Associate Professor, School of Nursing, The University of Hong Kong)
6. Dr Felix YUEN Kwan-hok (Principal Lecturer, School of Nursing, The University of Hong Kong)
7. Prof Richard TOLMAN (Professor, School of Social Work, University of Michigan)

Project Start Date and End Date:

1 April 2011 to 31 October 2013

Purposes/Objectives:

This project aimed to ease the transition to parenthood for new parents through the use of a specially designed programme, termed Becoming Parents.

The objectives of the project were to:

1. Design, implement and evaluate the Becoming Parents programme;
2. Recruit, select and train a team of volunteers whose role is to support the new parents;
3. Foster partnership between the hospital and the community in providing care and support to parents during their transition to parenthood;
4. Recruit and involve both parents in the Becoming Parents programme;
5. Enhance new parents' knowledge, skills and confidence in relation to infant care, couple communication and adjustment to parenthood;
6. Monitor and assist trained volunteers to provide optimal support to new parents;
7. Strengthen the target community's capacity to promote the health of new parents and their children;

參展項目摘要

8. Sustain the key concepts of the Becoming Parents programme in the target community beyond the lifetime of this project.

Activities/Programmes:

The Becoming Parents programme consisted of: (i) 3 sessions of 2 hours each conducted over a period of 10-14 weeks in prenatal period; and (ii) support provided by trained volunteers for up to 3 months post-delivery. A booklet capturing the key points of the sessions was provided to reinforce learning. Each group consisted of 6-8 expectant couples.

1. For the 3 prenatal sessions:

The 1st session took place around 20-24 weeks of gestation. The aim of this session was to engage men as fathers-to-be and to encourage the couple to work together towards fulfilling their parenting role.

The 2nd session took place around 25-29 weeks of gestation. The aim of this session was to assist the couple to enhance their relationship through better couple communication and to further develop their infant care skills.

The 3rd session took place around 30-34 weeks of gestation. The aim of this session was to help the couple to prepare for the impending birth and make adjustment for parenthood.

2. For the support provided by trained volunteers:

One volunteer was assigned to each family and meeting between the couple and the volunteer took place during the 1st prenatal session. During the first 3 months after the birth of the baby, the volunteer contacted the couples weekly and adopted a collaborative approach to provide peer support as required. A log book was kept by the volunteer.

Targets/Recipients:

Chinese expectant couples living in the Kwai Tsing and Tsuen Wan districts and attending prenatal care at Princess Margaret Hospital.

Expected and Actual Participation:

150 Chinese expectant couples joined this project as planned.

Benefits Derived:

The Becoming Parents programme demonstrated positive outcomes and demonstrated feasibility and acceptability as a model for promoting hospital-community partnership in enhancing transition to parenthood, with the involvement of expectant couples, health and social services professionals, and trained volunteers.

Project Products:

1. Conference Presentations: (i) the 19th Nursing Network on Violence Against Women International Conference, Vancouver BC (Jun 17, 2013) and (ii) Invited lecture at the Third Military Medical University (Nov 14, 2012);
2. Leaflets and booklets on baby and postnatal care;
3. As the basis of the Auntie Angel Project in the Kwai Tsing and Tsuen Wan districts;
4. Doctoral thesis (V Lam, HKU, Sep 2013).

Objectives Achieved:

All eight stated objectives of the project were achieved. The expected aim of easing the transition to parenthood for new parents through the Becoming Parents programme has been achieved. 150 expectant couples participated in the project with a completion rate of 94.7% (drop-out = 8 expectant couples). At 3-month post-delivery, significant improvement in perceived competence in parenting role was reported by the couples ($p < 0.05$), significant reduction in depressive symptoms was reported by the fathers ($p < 0.05$), and reduction (though not significant) in depressive symptoms was reported by the mothers. The couples also evaluated the programme positively.

Conclusion:

Hospital-community partnership was shown to enhance expectant couples' transition to parenthood. The outcome of the project has implications in terms of enhancing awareness, changing behaviours, and empowerment.

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計劃編號：22080414

計劃名稱：消痛無難度 -- 痛症管理健康教育計劃

主辦機構：東華三院黃祖棠社會服務大樓

計劃成員：

1. 黃孟芳女士（前任東華三院九龍城 / 油尖旺 / 觀塘區區域主任）
2. 何玉眉女士（東華三院九龍城 / 油尖旺 / 觀塘區區域主任）
3. 陳潔華女士（東華三院一級物理治療師）

計劃開始及完成日期：

2009年04月至2011年03月

目的 / 目標：

1. 幫助痛症患者減輕痛症及加強患者對痛症的正確處理和認識；
2. 改善痛症患者的生活質素及增加其社區參與程度；
3. 向公眾人士推廣痛症健康教育及恆常運動的生活模式。

對象 / 受惠者：

主要針對三類患有痛症的高風險人士：

- 1) 長者
- 2) 文職人士
- 3) 家庭主婦及家居照顧員

活動 / 推行大綱：

「消痛無難度 - 痛症管理健康教育計劃」是一項由物理治療師及社工共同策劃及推動的兩年計劃。此計劃是透過一系列的公眾健康教育及推廣活動，包括講座、運動治療小組、生活錦囊小冊子及簡易運動視像光碟，針對不同類型的人士如長者、文職人士及從事家務工作的人士之需要，教導他們認識痛症的成因及如何有效地處理痛症，並進一步推廣健康的生活模式及恆常運動的習慣。

日期	地點	對象	活動項目
2009年4月至6月	東華三院黃祖棠社會服務大樓	各區中小企公司、長者中心、家居照顧員機構及社區中心	籌備工作 - 編訂痛症講座的内容 - 編訂及製作痛症管理生活小錦囊 - 設計運動治療小組的内容 - 製作簡易運動視像光碟 - 聯絡中小企業公司、長者中心、社區中心宣傳推廣工作及確定第一期健康推廣的工作日程
2009年7月 - 2011年2月	各中小企公司、長者中心及社區中心	各區中小企公司文職人、員長者中心會員、家居照顧員及婦女等	健康推廣工作 - 針對三類痛症對象舉行不同類型講座及運動治療小組，並派發生活小錦囊 - 於二十個月推行五期的健康推廣活動
2011年3月	東華三院黃祖棠社會服務大樓		檢討工作：有關上述活動種類的舉辦次數、參加人數、參加機構等資料撰寫檢討報告

預期及實際參與人數：

本計劃於兩年服務期內，針對不同對象舉辦不同種類活動，並透過要求參加者填寫問卷，以收集他們對本計劃之活動的意見，有關活動的預期及實際執行成效數據如下。

項目	預期參與人數	實際參與人數
活動舉辦節數	長者： 講座 20 節 / 小組 60 節 文職人員： 講座 10 節 / 小組 20 節 主婦： 講座 5 節 / 小組 40 節	長者： 講座 20 節 / 小組 60 節 文職人員： 講座 10 節 / 小組 23 節 主婦： 講座 5 節 / 小組 44 節
受惠人次	長者：1,320 人 文職人員：575 人 主婦：150 人	長者：1,740 人 文職人員：676 人 主婦：607 人
派發錦囊予中小企業公司	200 間	200 間

參展項目摘要

效益：

不少參與計劃之機構向本計劃反映，活動內容切合員工的需要，有助改善員工的痛症狀況，從而提高工作效率。而部份機構更把活動內容列為職業安全或員工培訓項目之一，提高機構及員工對正確姿勢的意識，以減低出現痛症的機會。

計劃製成品：

本計劃印製了生活錦囊及簡易運動光碟，在服務推行期間派發給參與機構、參加者及 200 間中小企業公司，旨在推廣辦公室工作及簡易運動的正確姿勢，從而提高不同人士對痛症管理的意識。

已達成的目標：

本計劃完結前，小組成員以問卷形式收集參加者意見，而有關的數據如下：

項目	預期效益	實際效益
參加者表示對痛症的認識提高	70%	96% (700 / 729*)
小組參加者表示疼痛程度減少	70%	78% (73 / 94*)
小組參加者表示會持續運動	70%	97% (96 / 99*)
小組參加者的社區參與程度提高	70%	99% (98 / 99*)

* 此乃收回問卷之數量

總結：

透過兩年的服務計劃，大部份參加者均表示計劃有助他們面對痛症。而本機構於 2011 年再次獲得另一個基金撥款資助，並於大角咀商場內開設物理治療及培訓中心，藉此繼續向社區推廣痛症健康教育及提供專業治療服務。

Project No.: 22080634

Project Title: Positive fathering: A programme to enhance the mental health and marital relationship of expectant couples

Administering Institution: School of Nursing, The University of Hong Kong

Co-organisation(s):

Kwong Wah Hospital

Project Team Members:

1. Prof Agnes TIWARI (Professor and Head, School of Nursing, The University of Hong Kong)
2. Dr Janet WONG (Assistant Professor, School of Nursing, The University of Hong Kong)
3. Dr Felix YUEN (Principal Lecturer, School of Nursing, The University of Hong Kong)

Project Start Date and End Date:

1 April 2009 to 31 March 2011

Purposes/Objectives:

This project aimed to enhance the mental health and marital relationship of expectant couples through the use of the Positive Fathering programme. The objectives of the project were to:

1. Develop the Positive Fathering programme;
2. Implement the programme in a target group of expectant fathers;
3. Involve their partners in the programme;
4. Evaluate the effectiveness of the programme in enhancing the mental health and marital relationship of these expectant couples.

Activities/Programmes:

The Positive Fathering programme consisted of 3 round table, small group sessions and a Men's Line. The group sessions were conducted in the antenatal period. Each session lasted for 1.5 hours.

The three sessions included:



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1. An initial session took place at 20-24 weeks gestation. The aim was to engage men as fathers-to-be;
2. An intermediate session took place at 25-29 weeks gestation. The aim was to facilitate the development of father-child relationship;
3. An advanced session took place at 30-34 weeks gestation. The aim was to anticipate and respond to challenges that new fathers face.

Targets/Recipients:

This project targeted Expectant couples attending antenatal classes at Kwong Wah Hospital.

Expected and Actual Participation:

The original target was 150 expectant couples. Due to the popularity of the project, 171 expectant couples enrolled onto the programme.

Benefits Derived:

The Positive Fathering programme, which demonstrated feasibility, acceptability and effectiveness in this project, can now be used as a model for engaging expectant fathers and promoting couple involvement in prenatal education with potential for scaling up to a territory-wide, primary prevention intervention to promote family harmony.

Project Products:

1. Conference Presentations: (i) Institute of Medicine. Global Violence Prevention, Washington DC (Jan 28, 2011), (ii) 2012 Beijing International Nursing Conference (Jun 8, 2012), (iii) Task force of the Interagency Gender Working Group, Washington DC (Oct 10, 2012), and (iv) The 27th Japan Academy of Midwifery International Conference, Kanazawa, Japan (Apr 30, 2013);
2. Publications: (i) News Feature at AM730 (Sep 20, 2010) and (ii) Workshop Summary published by the IOM, 2011;
3. Transfer of knowledge and skills to new settings or locations: A hospital-community partnership in perinatal care between the Department of Obstetrics and Gynaecology, Princess Margaret Hospital and the HKSXH Lady MacLehose Centre.

Objectives Achieved:

All four stated objectives of the project were achieved. The original aim of the project to enhance the mental health and marital relationship of expectant couples through the use of the Positive Fathering programme was achieved. The actual outcome was consistent with the expected outcome. A total of 166 couples completed the program with a completion rate of 97% (planned = 150 expectant couples, actual = 171 expectant couples [more couples than planned were admitted due to popular demand], drop-out= 5 expectant couples). Significant reduction in depressive symptoms was found in both the expectant fathers and mothers at post-intervention and 6-week post-delivery ($p < 0.001$), significant enhancement of couple relationship adjustment was reported by the couples at 6-week post-delivery ($p < 0.001$), significant improvement of physical health was reported by expectant mothers at 6-week post-delivery ($p < 0.001$) and significant improvement of mental health for both the fathers ($p = 0.001$) and the mothers at 6-week post-delivery. The couples also evaluated the programme positively.

Conclusion:

Engaging expectant fathers and involving couples in prenatal education showed to reduce depressive symptoms and enhance marital relationship. The findings have implications for policy and service provision.

參展項目摘要

計劃編號：25110144

計劃名稱：生肌展現計劃

主辦機構：香港肌健協會有限公司

計劃開始及完成日期：

2012年5月1日至2014年3月31日

目的 / 目標：

1. 推動肌萎會友參與水中健體班及硬地滾球活動；
2. 讓肌萎會友有訓練大小肌肉的機會；
3. 提升肌萎患者的健康意識，養成運動的習慣。

活動 / 推行大綱：

1/5/12 至 30/5/12 及 1/5/13 至 31/5/13	： 小班扶護及保健講座
1/6/12 至 30/9/12 及 1/6/13 至 30/6/13	： 水中健體班
1/10/12 至 30/10/12 及 1/10/13 至 30/10/13	： 健康生活講座
1/11/12 至 31/3/13	： 硬地滾球班

對象 / 受惠者：

神經肌肉患者

預期及實際參與人數：

水中健體班，預期 448 人次，實際 448 人次。

硬地滾球班，預期 288 人次，實際 280 人次。

效益：

1. 75% 參加者表示有關活動可舒緩他肌肉退化所帶來的不適；
2. 75% 參加者表示在活動後仍會保持運動。

已達成的目標：

1. 推動會友參與運動；
2. 讓會友有訓練大小肌肉的機會；
3. 提升會友參與做運動的習慣。

總結：

由於本會的患者多為行動不便之人士，所以本會需要提供復康巴士接送他們，提供無障礙設施與確保他們的安全。

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計劃編號：26120384

計劃名稱：「天使護航」之關懷懷孕少女身心健康計劃

主辦機構：基督教香港信義會 青少年中央服務

協辦機構：

1. 衛生署家庭健康服務
2. 屯門醫院兒童身心健康全面發展服務

計劃開始及完成日期：

2013年4月1日至2014年3月31日

目的 / 目標：

1. 協助年輕準母親注意身心健康，建立健康的生活模式；
2. 協助年輕準父母積極處理因懷孕及角色轉變所造成的壓力與困擾；
3. 提昇年輕準父母育兒的技巧，為下一代提供更好的照顧。

活動 / 推行大綱：

本計劃主動聯繫社區服務團體，及早接觸懷孕少女及年輕母親，以提供適時和適切的產前產後支援服務，並安排社區義工親善探訪，促使服務對象關心自己的身心及精神健康，建立健康的生活習慣，增強照顧嬰兒的技巧，使嬰兒能在足夠的照顧下健康成長。

對象 / 受惠者：

居於天水圍及元朗區內 i) 18歲或以下的準媽媽、其伴侶及幼兒；及 ii) 21歲或以下的年輕父母及幼兒。

預期及實際參與人數：

預計服務人數：	實際服務人數：
60名年輕準媽媽 / 年輕媽媽	60名年輕準媽媽 / 年輕媽媽
20名年輕準爸爸 / 年輕爸爸	20名年輕準爸爸 / 年輕爸爸
60名幼兒	60名幼兒
20名護航大使	23名護航大使

效益：

「天使護航」之關懷懷孕少女身心健康計劃於2013年4月至2014年3月期間，共提供護航大使及支援系列共82節，參與達663人次；而產前產後支援系列共124節，服務達685人次。當計劃社工留意到服務對象在參與活動以外的輔導服務需要時，便會以個案輔導的形式跟進個案、其伴侶及個案的家庭，需跟進的個案及其家庭共13個，社工為13個個案提供的電話輔導、面談輔導及家訪達189節，共251人次。此外，社工亦運用了其他接觸方式以聯繫個案，如：陪診、電話接觸等，共173次。

從服務對象及護航大使參與活動後填寫的檢討資料顯示，計劃的內容設計能配合她們的服務需要；服務對象不單在小組內認識有共同背景的成員，更能組成互相支援的小組；她們能在不同的專業和義工的協助下學習產前產後的知識，以避免因「無知」而造成的種種壓力，裝備成為愉快有能的年輕家長。

計劃製成品：

1. 計劃報名表
2. 計劃轉介表
3. 計劃海報
4. 計劃易拉架
5. 計劃橫額

已達成的目標：

1. 能協助年輕母親注意身體健康，建立健康的生活模式：
100% 參加者自評計劃的效果，表示計劃有助他們減少不良生活習慣，如：濫藥，七位在參與計劃後已減少 / 停止濫藥 (4位18歲或以下，3位18歲以上)；吸煙，有六位在參與計劃後已減少及停止吸煙 (2位18歲或以下，4位18歲以上)；或飲酒，有四位在參與計劃後已減少或戒除飲酒的習慣 (1位18歲或以下，3位18歲或以上)。
2. 能協助年輕父母積極處理因懷孕及角色的轉變所造成的壓力與困擾：
97.8% 參加者認為計劃能令他們更積極處理因懷孕或角色轉變所造成的壓力與困擾。
參加者在計劃前及後分別填寫愛丁堡抑鬱量表的平均數顯示，在參與計劃後情緒狀態有所改善：計劃前的平均分數由11.2，至計劃後的平均分數6.2，此結果經T檢定，在十題檢測題目中有八題題目之P value是 <0.05，顯示參加者於抑鬱方面有正面之轉變。

參展項目摘要

3. 提昇年輕父母育兒及管教的技巧，為下一代提供更好的照顧：

97.8% 參加者認為計劃能提昇他們的育兒及管教技巧，為下一代提供更好的照顧。

總結：

「天使護航」之關懷懷孕少女身心健康計劃由二零一三年四月至二零一四年三月進行，期間共服務了 60 位年輕準媽媽 / 媽媽及 20 位年輕準爸爸 / 爸爸；並招募了 23 位護航大使為年輕母親進行配對，為她們提供情緒支援及教授育兒技巧。整個計劃能達到預期效果，共提供了 55 節培訓及聚會，共服務 314 人次；亦舉行了 28 節護航大使支援及配對活動，共服務了 350 人次。在產前產後之支援系列方面，社工共舉行了 124 節產前產後支援小組及活動，共服務 685 人次；整體的目標達致度為 99.4%。從前後測問卷及計劃完結時填寫的問卷結果顯示，計劃能促進年輕準母親注意身心健康及減少不良的生活習慣，亦可舒緩他們因意外懷孕帶來的壓力及提昇育兒的技巧。