

Family and Elderly Health Services

Elderly Health Service

The Elderly Health Service was set up in July 1998 to promote the health of the elderly population through provision of community-based, client-oriented and quality primary healthcare services, with a whole-person, multi-disciplinary team approach and maximum participation of everyone including the elderly themselves. A total of 18 elderly health centres and 18 visiting health teams, one in each district, were established.

Elderly health centres provide comprehensive primary healthcare programmes encompassing health assessment, counselling, curative treatment and health education. Elderly aged 65 and above can enrol as members of the centres. In 2005, the elderly health centres recorded 37 622 enrolments and 195 477 attendances for health assessment and medical consultation.



Visiting health teams outreach out into the community and residential care setting to provide health promotion programmes for the elderly and their carers in collaboration with other elderly services providers. The aim is to increase their

家庭及長者健康服務

長者健康服務

衛生署於一九九八年七月設立長者健康服務，透過社區服務，為長者提供以客為本、素質為先的優質基層健康護理服務，並以綜合專業隊伍的模式，合力照顧長者的整體健康需要，另亦鼓勵社區人士，包括長者在內，積極參與其中。衛生署共設立了18間長者健康中心和18支長者健康外展隊伍，分佈在每區為長者提供服務。

長者健康中心提供綜合基層健康護理服務，包括健康評估、輔導、治療及健康教育。凡年滿65歲或以上的人士可登記成為中心會員。二零零五年，長者健康中心的登記人數為37 622人，接受健康評估及診症的長者達195 477人次。



長者健康外展隊伍深入社區和安老院舍與其他服務單位合作，為長者及護老者提供健康推廣活動。目的是提高長者的健康認知、自我照顧能力，及提升護老者的護老服務質素。「私營安老院舍改善計劃」針對院舍內護老者的特別

health awareness, self-care ability, and to enhance the quality of caregiving. An integrated and holistic approach is adopted in the “Improvement Project for Private Residential Care Homes”, which targets programmes at the specific training needs of caregivers in the homes, such as basic nursing skills. In 2005, visiting health teams made 290 411 client-contacts.

In addition, to evaluate the effectiveness of the “Infection Control Enhancement Programme” and to identify areas for further improvement, an “Infection Control Checklist Survey” was conducted at all residential care homes for the elderly.



An “Influenza Vaccination Programme” targeting residents and staff living and working in residential care homes was conducted in November 2005. The programme was well-received and achieved an overall coverage rate of 94.2% and 78.5% for the residents and staff respectively. Elderly Health Service had also assisted in providing vaccination to residents of disabled homes.

培訓需要，提供綜合和全面的培訓，例如基本護理技巧。在二零零五年，長者健康外展隊伍共為290 411人次提供服務。

此外，為評估「安老院舍感染控制改進計劃」的成效和確定未來可改善的地方，長者健康服務在各安老院進行了「感染控制措施調查」。



於二零零五年十一月，長者健康服務在安老院舍推行以院友和員工為對象的「預防流行性感疫苗注射計劃」。是次計劃反應良好，院友及員工的涵蓋率分別為94.2%及78.5%。此外，長者健康服務亦協助為殘疾院舍的院友注射流感疫苗。

Elderly Health Service will continue its current mission of improving primary healthcare for elders in Hong Kong. In addition to being a provider of health education, Elderly Health Service plans to put more emphasis on empowerment of elders and carers, and will also enhance its training, benchmarking and health advisory role in primary healthcare for elders so as to benefit the entire community of Hong Kong.

Family Health Service

The Family Health Service provides a comprehensive range of health promotion and disease prevention services for children from birth to five years old and women aged 64 or below. The Service operates through 31 Maternal and Child Health Centres and three Woman Health Centres.

Maternal and Child Health Service

The Maternal and Child Health Service covers child health, maternal health, family planning and cervical cancer screening.

For child health service, an Integrated Child Health and Development Programme is implemented in Maternal and Child Health Centres to promote the holistic health (physical, cognitive and socio-emotional) and wellbeing of children. The core components of the integrated programme include immunisation, parenting, as well as health and developmental surveillance.

A comprehensive immunisation programme is provided to protect infants and children from nine infectious diseases, namely, tuberculosis, hepatitis B, diphtheria, tetanus, whooping cough, poliomyelitis, measles, rubella and mumps. The immunisation programme in 2005 is shown in Table F.

長者健康服務將繼續其現在的使命，改善香港長者的基層健康服務。除了提供健康教育外，該服務亦計劃將重點放在提升長者以及護理者能力方面的工作。另外亦會加強本身作為長者基層健康服務於培訓、學習模範和健康顧問的角色，使香港整個社會受益。

家庭健康服務

家庭健康服務透過31間母嬰健康院及三間婦女健康中心，為初生至五歲的嬰幼兒童及64歲或以下的婦女提供全面的促進健康和預防疾病服務。

母嬰健康服務

母嬰健康服務的範圍，包括兒童健康、母親健康、家庭計劃及子宮頸檢查服務。

兒童健康服務方面，母嬰健康院推行「幼兒健康及發展綜合計劃」，以促進兒童的全人健康，包括生理、認知和社交情緒方面的發展。綜合計劃的核心項目有免疫接種、親職教育和健康及發展監察。

母嬰健康院為嬰幼兒童提供全面的免疫接種服務，以預防9種小兒傳染病，分別是結核病、乙型肝炎、白喉、破傷風、百日咳、小兒麻痺、麻疹、德國麻疹及流行性腮腺炎。表F列出二零零五年的兒童免疫接種計劃。

Table F : Immunisation Programme for Children in Hong Kong, 2005
表F : 二零零五年香港兒童免疫接種計劃

Vaccine 疫苗	New Born 初生	1 month 一個月	2-4 months 二至四個月	3-5 months 三至五個月	4-6 months 四至六個月	6 months 六個月	1 year 一歲	1.5 years 歲半	Primary 1 小一	Primary 6 小六
Tuberculosis 結核病	BCG 卡介苗									
Diphtheria, pertussis and tetanus (DPT) 白喉、百日咳及破傷風			DPT 白喉、百日咳 及破傷風	DPT 白喉、百日咳 及破傷風	DPT 白喉、百日咳 及破傷風			DPT 白喉、百日咳 及破傷風	DT 白喉及 破傷風	DT 白喉及 破傷風
Poliomyelitis (OPV) 小兒麻痺	Type 1 第一型		Trivalent 三型混合		Trivalent 三型混合			Trivalent 三型混合	Trivalent 三型混合	Trivalent 三型混合
Measles, mumps and rubella (MMR) 麻疹、流行性腮腺炎及 德國麻疹							MMR 麻疹、流行 性腮腺炎及 德國麻疹		MMR 麻疹、流行 性腮腺炎及 德國麻疹	
Hepatitis B (Hep B) 乙型肝炎	Hep B 乙型肝炎	Hep B 乙型肝炎				Hep B 乙型肝炎				

The parenting programme aims to equip parents with the necessary knowledge and skills to bring up healthy and well-adjusted children. Anticipatory guidance on child development, childcare (e.g. nutrition, home safety, oral health) and parenting are provided to parents during the antenatal period and throughout the pre-school years of children, in the form of information leaflets, workshops, and individual counselling. For parents of children with early signs of behavioural problems or those who encounter difficulties in parenting, a structured group training programme on positive parenting skills is also available.

Breastfeeding is also actively promoted through the Breastfeeding Hotline, individual interviews and counsellings in Maternal and Child Health Centres.

親職教育計劃目的是為裝備幼兒家長，對子女的成長發展有更多認識和處理技巧，從而扶育幼兒健康成長。健康院會透過資料單張、研習班和個別輔導的形式，從妊娠期開始到整個兒童學前階段，為家長提供有關兒童身心發展、育兒知識(例如：營養、家居安全、口腔健康等)及親職輔導。就兒童有初期的行為問題或在管教方面遇到困難的家長，備有系統的正面親職小組訓練課程。

母嬰健康院亦積極推廣母乳餵哺，服務包括母乳餵哺熱線、個別會見及輔導等。



Health and Developmental Surveillance consists of a series of routine reviews conducted by health professionals, designed to achieve timely identification and referral of children with health and developmental problems. These include physical examination of the newborn child, periodic monitoring of the child's growth parameters, Automated Otoacoustic Emission (AOAE) hearing screening for newborn and vision screening at specific ages. Developmental surveillance is performed in partnership with parents through anticipatory guidance, eliciting parents' concern and observing the child. Children with suspected physical or developmental abnormalities will be referred to specialist clinics for further investigation and management.



The maternal health service provides disease prevention and health promotion services through antenatal and postnatal care. The Maternal and Child Health Centres collaborate with all public hospitals to establish a comprehensive antenatal shared-care programme to monitor the whole pregnancy and delivery process. Pregnant women with psychosocial problems will be followed up by medical social workers or relevant NGOs.

The Maternal and Child Health Centres provide women of child-bearing age family planning services, including contraceptive advice and infertility counselling. To ensure protection against rubella,

健康及發展監察是一套由專業醫護人員定期評估兒童服務，以便及早發現有健康及成長問題的兒童及轉介。這服務包括為新生嬰兒進行身體檢查，定期監察兒童的生長指標，替新生嬰兒作耳聲發射普查測試及於特定年齡為兒童進行視力普查。亦會與家長協作，為兒童進行發展監察，包括提高家長對兒童發展的關注，共同觀察兒童的表現，及為家長提供適切指導。若懷疑兒童的健康或成長發展有異常情況，母嬰健康院會轉介兒童到專科診所作進一步診治及跟進。

母親健康服務透過產前及產後護理，提供預防疾病及促進健康的服務。母嬰健康院與各公立醫院合作，建立一個全面的產科服務計劃，照顧孕婦整個懷孕及分娩過程。有心理社交問題的孕婦會由醫務社工或相關的非政府機構跟進。

母嬰健康院為已屆生育年齡的婦女提供家庭計劃服務，包括避孕指導及不育輔導。亦為缺乏德國麻疹抗體的生育年齡婦女提供防疫注射。

anti-rubella vaccination is offered to non-immune women of child-bearing age.

In 2005, about 91% of all local newborns and 38% of pregnant women received services from the Maternal and Child Health Centres.

二零零五年，約有91%本地出生的嬰兒及38%的孕婦曾使用母嬰健康院的服務。



Cervical screening service is provided at all Maternal and Child Health Centres for women aged at or above 25 who have ever had sex.

所有母嬰健康院均為曾有性行為的25歲或以上婦女，提供子宮頸普查服務。

Woman Health Service

婦女健康服務

The Woman Health Service aims to promote the health of women and address their health needs at various stages of life.

婦女健康服務旨在促進婦女的健康，並照顧她們在不同人生階段的健康需要。

Health promotion is provided by three Woman Health Centres through health education on various women health topics, such as healthy lifestyle, breast and cervical cancers, menopause and osteoporosis.

三間婦女健康中心透過專題教育，例如健康生活方式、乳癌及子宮頸癌、更年期和骨質疏鬆等專題，藉此促進婦女的健康。

The Woman Health Centres also provide physical examination, cervical smear screening and various appropriate investigations for clients. Clients with suspected abnormalities are referred to specialists for further management.

婦女健康中心亦為婦女提供體格檢驗、子宮頸細胞檢驗及各項適當檢查。懷疑有異常情況的婦女，會獲轉介至專科醫生作進一步治理。

Between 2001 and 2002, Woman Health Service had extended to ten Maternal and Child Health Centres.

Health Administration and Planning Division

The “Medical Device Control Office” was established in July 2004 for the implementation of the voluntary administrative system and development of a long-term regulatory framework for medical devices.

二零零一至零二年期間，婦女健康服務已擴展至十間母嬰健康院。

衛生行政及策劃部

「醫療儀器管制辦公室」於二零零四年七月成立，以推行自願的醫療儀器行政管理制度和發展長遠的法例規管。

