

荃灣地區康健中心

Tsuen Wan District Health Centre



服務內容

香港政府近年積極推動基層醫療服務，其中包括由上一屆政府提出設立地區康健中心，到今屆政府《施政報告》中強調投放更多資源並推出《基層醫療健康藍圖》，目的是希望強化地區基層醫療系統，將焦點從治療轉向至預防疾病，應對人口老化和慢性疾病上升帶來的挑戰，並扭轉市民現時一般「重治療，輕預防」的觀念。

仁濟扎根荃灣區逾六十載，以服務荃灣市民為使命。於2021年初，仁濟醫院董事局積極籌備競投荃灣地區康健中心的營運權，並於2022年5月31日成功獲得為期三年的營運服務合約。荃灣地區康健中心的主中心坐落於楊屋道荃灣 88 九樓，並於2022年12月30日投入服務。

荃灣地區康健中心以「荃人健康由此起」作服務理念，希望作為區內基層醫療服務及資源樞紐，透過嶄新公私合營、醫社合作的運作模式，連結逾百位專職中西醫療隊伍，組成社區網絡支援團隊，幫助市民及早發現慢性疾病並接受適時的治療，真正達致「早發現、早治理」的目標。

荃灣地區康健中心亦積極推廣「治未病」的重要性，透過多方位的健康推廣、疾病預防、慢性疾病管理及社區復康支援，提升荃灣市民預防疾病意識和自我管理健康能力，攜手共建更健康的荃灣區。

已投入服務的主中心佔地一千零八十平方米，設有診療室、體適能訓練室、多功能活動室及聽視評估室等。寬敞的主中心不但設置先進的復康設施，例如聚焦式電磁波治療儀及電療及超聲波治療儀，更引入智能器械及健身系統，例如智能健身鏡及互動地板訓練系統，希望通過智能技術，為單調的健體運動及沉悶的復康治療，注入互動性及樂趣，並為市民提供個人化的紀錄及相應訓練。

Services

In recent years, the Government has strived to strengthen the district-based primary healthcare services. With the proposal of setting up the District Health Centre from the last Government to the release of Primary Healthcare Blueprint by current Government in the Policy Address, not only it aims to strengthen the primary healthcare system for addressing the challenges brought by an ageing population and the increase of chronic disease, but also attempt to shift people's mindset from treatment-oriented to prevention-focused.

Since its inception in Tsuen Wan for over 60 years, Yan Chai has committed to serve the community here. Yan Chai Hospital Board started preparation for the tender application in early 2021 and was awarded a three-year operation service contract of Tsuen Wan District Health Centre (TWDHC) on 31 May 2022. The core centre of TWDHC is located at 9/F, Plaza 88, Yeung Uk Road and has commenced its operation since 30 December 2022.

The service slogan of TWDHC is "A Healthy Life Starts @ Tsuen Wan". Based on the concepts of "District-based", "Medical-Social Collaboration" and "Public-Private Partnership", TWDHC acts as a hub of primary healthcare service and resource to connect over a hundred of allied health professionals and Chinese medicine practitioner in order to form a team of "Network Medical Practitioners" in the community. With that, people can screen out the risk of chronic disease in earlier stage and receive timely treatment, aiming to achieve the "early identification and early treatment".

With the emphasis of preventive healthcare, TWDHC has organised an all-rounded promotion with diverse activities in the topic of health, disease prevention, chronic disease management and rehabilitation management. It aims to enhance public awareness of disease prevention and self-management on health by building a healthier community of Tsuen Wan.

With an area 1,080 m², TWDHC is comprised with consultation rooms, fitness training room, multi-purpose room, audiometric cum vision assessment room, etc. A spacious core centre not only equipped with advanced physiotherapy equipment, such as Super Inductive System and Electrotherapy Combined with Ultrasound Therapy Machine, but also equipped with artificial intelligence fitness technology, such as Smart Gym System and Interactive Flooring Training Circuit. It spices up a boring fitness workout and rehabilitation with more fun and interactions with creating a personalised record and training.

位於荃灣88的荃灣地區康健中心主中心於2022年12月30日正式投入服務
Located at Plaza 88, TWDHC Core Centre has commenced its operation on 30 December 2022



荃灣地區康健中心為荃灣區內居住或工作的市民提供基層醫療三層預防服務：

第一層預防：健康推廣、輔導諮詢、教育宣傳。主中心開始運作首兩個月已開辦逾百小組活動及講座，內容針對五大生活元素：疾病預防、行為認知、運動健體、飲食及身心靈健康。

第二層預防：基本健康風險評估及慢性疾病篩查。加入荃灣地區康健中心成為會員後，中心的護士會為會員作健康評估，如發現會員有糖尿病或高血壓的風險，將資助和轉介他們到地區網絡醫生及相應的化驗服務。

第三層預防：慢性疾病管理及社區復康服務。為加強社區內已患病人士的自理能力，合適的患者可獲轉介至荃灣地區康健中心的各專職人士配合治療，例如物理治療師和職業治療師會安排適度運動訓練，營養師會教授合適餐單，若患者選擇中西結合模式，亦可以選擇轉介至中醫師處方適合的湯藥及藥膳治療等。

TWDHC provides three-tier prevention services for the individuals living or working in Tsuen Wan district:

Primary Prevention: Health promotion, consultation, counseling, and educational programme. Core centre has organised over a hundred of classes and seminar for the first 2 months of operation, which the classes include 5 main element of health living: disease prevention, cognitive behavioral therapy, fitness training, healthy diet and mindfulness.

Secondary Prevention: Health assessment, chronic disease screening. Registered members would receive a health risk factors assessment by nurses. If potential risk of diabetes mellitus or hypertension is found, members will be referred to network medical practitioners and medical laboratory service with subsidy.

Tertiary Prevention: Chronic Disease Management and Community Rehabilitation Programmes. In order to strengthen self-care ability, patients would be referred and received treatment from the allied health professionals in TWDHC, such as the rehab fitness training from physiotherapist and occupational therapist, healthy dieting tip from dietitian. It opens for the members to choose the integrated medicine treatment or received the referral to Chinese medicine practitioner for prescribe diet and treatment.

展望

除主中心外，荃灣地區康健中心計劃於2023年相繼設立4個附屬中心，全方位涵蓋荃灣區東、南、西、北四個位置，範圍由東邊梨木樹至西邊青龍頭及深井。4個附屬中心將會支援主中心，務求將地區康健中心服務覆蓋整個荃灣區，提高荃灣地區居民認識自我健康管理的重要性，減低他們受慢性疾病的影響。

最後，荃灣地區康健中心有賴地區服務提供者的信任與支持，展望中心有更多醫護服務提供者參加，擴張服務版圖，為更多荃灣的市民服務。

Future development

Besides the core centre, TWDHC will establish 4 satellite centres in 2023, covering up most area in the Tsuen Wan district, far from the east of Lei Muk Shue Estate and to the west of Tsing Lung Tau and Sham Tseng. The 4 satellite centres will support service of the core centre and enhance the awareness of self-management on health to Tsuen Wan residents.

At last, TWDHC would like to express the gratitude to the network medical practitioners for their trust and support, we hope to have more medical practitioners to join us and expend our service to more people in Tsuen Wan.



市民踴躍登記成為會員
People are eager for member registration



專業護士為會員進行基本健康風險評估
Professional nurse is helping member to conduct health risk factors assessment



營養師於健康講座上跟會員分享飲食心得
Dietitian shares the tips of diet to members in the health talk



主中心設置先進的復康設施，為會員提供合適的復康治療
Member receives rehabilitation with advanced physiotherapy equipment in the core centre