

# CHRONIC DISEASE

## MANAGEMENT PROJECT

### Risk Assessment and Management

To manage the escalating demand of healthcare service, both the public and private sectors shift the focus toward disease prevention, early detection and prompt intervention to reduce the need for intensive medical care. In the 2008 Healthcare Reform Consultation Document, the Government suggested to enhance primary care which serves as a gateway to other parts of the healthcare system for reduction of avoidable hospitalization and utilization of specialist as well as emergency services through promotion of continuous and comprehensive care to the public. In the 2008-09 Policy Address, the Chief Executive of HKSAR proposed to promote the prevention of, and care support for, chronic diseases by both the public and private sectors in local communities. In view of this, the Food and Health Bureau has provided extra funding in 2009-12 and leads the Hospital Authority (HA) to develop a series of pilot programmes for enhanced primary care and chronic disease management, in line with other collaboration initiatives with private sector and non-governmental organizations.

With the support of the Food and Health Bureau, HA has successfully launched the Chronic Disease Management Project – Risk Assessment and Management Programme. Diabetes Mellitus patients with or without Hypertension will undergo comprehensive risk assessment to screen for complications and receive appropriate interventions and education from multi-disciplinary healthcare professionals, thus better control the disease progression.



## Be aware of complications induced by your Chronic Diseases

In modern society, chronic diseases like Diabetes Mellitus and Hypertension has become the new trend of epidemic diseases. In Hong Kong, 1 out of 10 people are suffering from Diabetes Mellitus<sup>1</sup>; and nearly 70% of the elderly are with Hypertension<sup>2</sup>.

If treated improperly, Diabetes Mellitus and Hypertension may result in complications like heart disease, stroke and kidney failure which may lead to serious consequences and even death.

In August 2009, Hospital Authority has established the Chronic Disease Management Project – Risk Assessment and Management Programme at selected General Outpatient Clinics (GOPCs). The Programme is provided by a multidisciplinary healthcare team aiming at providing risk assessment, timely intervention and education to Diabetes Mellitus patients with or without Hypertension so as to prevent serious consequences resulted from possible complications.

## Venue\*

Clinic	Address	Tel No
Chai Wan GOPC	G/F, 1 Hong Man Street, Chai Wan	2556 0261
Sai Wan Ho GOPC	28 Tai Hong Street, Sai Wan Ho	2977 1811
Violet Peel GOPC	LG, Community Ambulatory Care Centre, Tang Shiu Kin Hospital, 282 Queen's Road East, Wanchai	3553 3116
Aberdeen Jockey Club GOPC	10 Aberdeen Reservoir Road, Aberdeen	2555 0381 / 2555 0382
Sai Ying Pun Jockey Club GOPC	North Wing, 5/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong <i>(The service is provided in the above address)</i>	2589 2465
Central Kowloon Health Centre	147A Argyle Street, Kowloon	2762 1456
Shun Tak Fraternal Association Leung Kau Kui Clinic	2/F, Tokwawan Market & Government Offices Building, 165 Ma Tau Wai Road, Kowloon City	2715 9538
Yau Ma Tei Jockey Club GOPC	1/F, 145 Battery Street, Yau Ma Tei	2272 2400
Kwun Tong Jockey Club Health Centre GOPC	457 Kwun Tong Road, Kwun Tong	2389 0331
Tseung Kwan O (Po Ning Road) GOPC	G/F, 28 Po Ning Road, Tseung Kwan O	2191 1083
Ha Kwai Chung GOPC	77 Lai Cho Road, Kwai Chung	3651 5411
Robert Black GOPC	600 Prince Edward Road East, San Po Kong	2383 3311
South Kwai Chung Jockey Club GOPC	310 Kwai Shing Circuit, Kwai Chung	2615 7333
Lady Trench GOPC	213 Sha Tsui Road, Tsuen Wan	2614 4789
West Kowloon GOPC	G/F, Cheung Sha Wan Government Offices, 303 Cheung Sha Wan Road	2150 7200
Cheung Sha Wan Jockey Club GOPC	2 Kwong Lee Road, Cheung Sha Wan	2387 8211
Mrs Wu York Yu GOPC	310 Wo Yi Hop Road, Lei Muk Shue, Kwai Chung	2487 1211
Li Po Chun GOPC	22 Arran Street, Mongkok	2393 8161

## Aims

- Assess risk factors of Diabetes Mellitus and Hypertension at an early stage to prevent complications
- Intervene timely to better control disease progression

## Target Client

- Diabetes Mellitus patients with or without Hypertension who are under treatment of HA GOPCs

## Programme Content

- Risk assessment (e.g. blood tests, urine for albumin, foot neurology examination, retinal photo, electrocardiogram etc)
- Treatment
- Patient education
- Specialty referral



## Fees

\$50 each session

(Waiver Mechanism of Hospital Authority is applicable to this Programme)

[Fees updated following HA fees revision as at 18 June 2017]

Clinic	Address	Tel No
Tsing Yi Cheung Hong GOPC	3/F, Tsing Yi Cheung Hong Estate Commercial Complex, Tsing Yi	2943 8100
Tsing Yi Town GOPC	21 Tsing Luk Street, Tsing Yi	2434 6205
Nam Shan GOPC	G/F, Nam Yiu House, Nam Shan Estate	2779 5688
Shek Kip Mei GOPC	2 Berwick Street, Shek Kip Mei	2788 3023
Wu York Yu GOPC	55 Sheung Fung Street, Tsz Wan Shan	2325 5221
East Kowloon GOPC	160 Hammer Hill Road, Diamond Hill	2354 6232
Wang Tau Hom Jockey Club GOPC	200 Junction Road, Wang Tau Hom	3143 7100
Fanling Family Medicine Centre	1/F, Fanling Health Centre, 2 Pik Fung Road, Fanling	2639 4601
Wong Siu Ching Family Medicine Centre	G/F, 1 Po Wu Lane, Tai Po	2658 9182
Yuen Chau Kok GOPC	G/F, 29 Chap Wai Kon Street, Shatin	2647 3383
Ma On Shan Family Medicine Centre	G/F, 609 Sai Sha Road, Ma On Shan	2641 9792
Tuen Mun Community Care Centre	3/F, Yan Oi Polyclinic, 6 Tuen Lee Street, Tuen Mun	2452 0332
Yuen Long Community Care Centre	2/F, Yung Fung Shee Health Centre, 26 Sai Ching Street, Yuen Long	2443 6250

\* The venues may subject to amendments in response to service need without further notice. (Diabetes Mellitus patients with or without Hypertension being regularly followed-up at other HA GOPCs can also join the Programme. Doctors will make necessary arrangement based on patients' needs.)

If you are interested to join, please check with your doctor.

## Source From:

- Janus ED, Watt NMS, Lam KSL, Cockram CS, Siu STS, Liu LJ, Lam TH. The prevalence of diabetes, association with cardiovascular risk factors and implications of diagnostic criteria (ADA 1997 and WHO 1998) in a 1996 community-based population study in Hong Kong Chinese. *Diabetic Medicine* 2000 17 741-745.
- Population Health Survey 2003/04. Hong Kong SAR: Department of Health and Department of Community Medicine, University of Hong Kong; 2005