

SFH tours Core Centre of Sai Kung District Health Centre Express (with photos)

â€‹The Secretary for Food and Health, Professor Sophia Chan, toured the Core Centre of Sai Kung District Health Centre (DHC) Express operated by Haven of Hope Christian Service this afternoon (September 29) to learn about its operation and the primary healthcare services it provides.

Professor Chan said, "The Government is progressively enhancing district-based primary healthcare services by setting up in all 18 districts DHCs, which are run under an innovative operation mode. Following the establishment of DHCs in Kwai Tsing District and Sham Shui Po District, we plan to set up DHCs in five more districts (Wong Tai Sin District, Southern District, Yuen Long District, Tuen Mun District and Tsuen Wan District) by mid-2022.

"Since this September, the Government is also in the process of setting up the interim DHC Express in 11 districts before full-fledged DHCs come into service. The Sai Kung DHC Express is the first one, with the rest to be set up in 10 districts, namely Wan Chai District, Eastern District, Yau Tsim Mong District, Kwun Tong District, Tai Po District, Islands District, North District, Sha Tin District, Kowloon City District and Central and Western District. We expect that DHC services will be available in all 18 districts within the current term of the Government."

Introducing DHC Express in advance of the setting up of full-fledged DHCs aims to build up district-based primary healthcare services as early as practicable in a bid to shift the emphasis of the present healthcare system and the public mindset from treatment-oriented to prevention-focused. DHC Express will provide prevention-focused primary healthcare services on different levels, including health promotion and education for reducing and preventing chronic diseases, health risk factors assessment or screening for early intervention for people with health risks and chronic disease management for preventing health deterioration. The DHC Express services are supported by a multi-disciplinary team consisting of nurses, allied health professionals (including physiotherapists, occupational therapists, dietitians and pharmacists) and social workers. It also serves as a district health resource hub that links local service providers of various aspects of primary healthcare services, such as doctors and Chinese medical practitioners in the community. Through this measure, a local healthcare network will be established to provide residents with the services of health promotion, disease prevention, disease management and healthcare support, thus enabling them to receive timely care and services.

Accompanied by the Chief Executive Officer of Haven of Hope Christian Service, Dr Lam Ching-choi, Professor Chan received a briefing on the daily

operation and services of the DHC Express by its representatives. The Core Centre has facilities such as Assessment and Interview Area, Activity Area and Rehabilitation and Wellness Area. Amongst all these facilities, the Multifunction Activity Room can be flexibly used for different purposes, like group health activities as well as healthy cooking workshops. Upon assessment by the care co-ordinators, members of the Sai Kung DHC Express can join health programmes designed by the physiotherapists and do exercise by using fitness equipment. This will help the members develop a healthy lifestyle at an early stage, enhance self-care capacity and reduce the risk of falls.

"I expect the DHC Express will continue to play a part in encouraging residents in the Sai Kung and Tseung Kwan O areas to get vaccinated against COVID-19 so as to protect themselves and their families. Meanwhile, it will enhance collaboration with the Hospital Authority, the Department of Health and the Social Welfare Department in health promotion to local residents with a view to reducing avoidable re- admission to hospitals and rectifying the situation in which accident and emergency service is regarded as the first point of contact when seeking medical consultation. Moreover, it will help patients better manage their health conditions through the provision of community rehabilitation service," Professor Chan added.

During the visit, Professor Chan gave encouragement to the serving staff. She also chatted with users of the DHC Express services and listened to their views on the services. She said she was pleased to note that the services of the DHC Express have been well received by the public.

The Food and Health Bureau awarded the service contracts for the operation of DHC Express through an invitation for proposals earlier. The Sai Kung DHC Express is operated by Haven of Hope Christian Service with its Core Centre in Po Lam Estate, Tseung Kwan O, and six service points in the Tseung Kwan O area to cover King Lam Estate, Sheung Tak Estate, Kin Ming Estate, Hau Tak Estate and Tsui Lam Estate. The Core Centre at the podium of Po Lam Estate is easily accessible to the public and commenced operation on September 1. Other service points will be opened progressively between October this year and January next year.



